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Monday-Thursday: 5:00am – 12:00am  
 Friday: 5:00am - 9:00pm  
 Saturday: 7:00am - 6:00p m  
 Sunday: 7:00am - 6:00pm

Group Exercise Schedule – JANUARY

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
					745am  Kim	Color indicates new class, time, or instructor
845am <b>Total Body EXPRESS</b>  Nelly	830am  Silvia	830am <i>Pilates/Barre</i>  Stacey	830am <i>Yoga</i>  Trini	830am <b>RESIST</b>  Stacey	830am More Muscle  Sarah	830am <b>SPINNING</b>  Chuck
930am  Nelly	930am <i>Yoga</i>  Silvia	930am  Stacey		930am <b>INSANITY</b>  Silvia	930am  Raquia	930am <i>Yoga</i>  Stevie
1030am  Silver Sneakers Nelly		1030am  Silver Sneakers Stacey		1030am  Silver Sneakers Nelly	1030am <i>pilates</i>  Stacey	

<u>MONDAY</u> 445pm BodyShred	<u>TUESDAY</u> 445pm 	<u>WEDNESDAY</u> 445pm 	<u>THURSDAY</u> 445pm 	<u>FRIDAY</u> 445pm 	<u>SATURDAY</u>	<u>SUNDAY</u>
 ILLIAN MICHAELS Kim	Stacey	Stacey	Kim	Stacey		
530pm <i>Pilates</i>  Stacey	530pm  Stacey	530pm <i>Yoga</i>  Stacey	530pm  Erin	<a href="#">Kids Club Hours</a> Mon-Thurs                      8:00a - 11:00p 4:00p - 8:00p  Fri                                      8:00a - 11:00p 4:00p - 6:30p  Sat                                      8:00a -12:00p		
	630pm  Sarah	630pm  Trisha	630pm  Sarah			

## CLASS DESCRIPTION

**BodyShred** – interval training combining a 3-2-1 training format. 3 min of strength, 2 min of cardio, 1 min of core work.

**Butts and Guts** – This class is just what it sounds like – you will work your gut and your butt through various exercises. Suitable for all skill levels

**Core De Force** - Mixed martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, and sculpt total-body definition—no equipment needed

**Dance Fitness** – This class will combine fun, easy to follow dance moves with toning, balance, and martial arts for a total body burn

**HIIT** – “High Intensity Interval Training” Cardio intervals for given amounts of time with rest in between each interval. Don’t let the name scare you! Any fitness level welcome. Instructor will show modifications for all moves.

**Insanity** - Max interval training has you work as hard as you can for 3-minute intervals, with 30-second periods of rest in between.

**More Muscle** – Full body strength building class using dumbbells, bands, balls, and benches

**PiYO** This class is the very best Pilates and yoga-inspired moves cranked up! You will get cardio, strength, and flexibility training – all at once.

**P90x** - workouts that use resistance and body-weight training, cardio, plyometrics, ab work, and yoga

**REFIT** combines powerful dance movements with positive music that will change your body, but your body is only the beginning. Bottom line: REFIT is a great dance workout that you’ll feel great about

**Resist** - workouts that use resistance and body-weight training. Every muscle group will be targeted for a full body workout.

**Silver Sneakers** Silver Sneakers classes are designed to increase strength, balance & flexibility. Light hand weights, bands and balls are incorporated into the class to achieve a full body workout. A chair is also provided for seated and/or standing support. All levels welcome!

**Total Body Express** Full body workout in just 30 minutes. Strength workout that includes working multiple muscle groups at once.

**Spinning** – Spinning classes offer a variety of rides, movements, coaching and motivation that keep riders safe, excited and engaged.

**Zumba** Mix it up in this non-stop cardio dance class with Hindi, Arabic, American, African, and Latin beats. The choreography includes body sculpting and interval training in a combination of fast and slow rhythms.

**Zumba Toning** Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

**30/30** – 30 minute segments that include strength/flexibility and cardio. The best of both worlds in the one hour class.

**Pilates/Barre**- combo of ballet repertoire movements using the chair for core, balance, flexibility and leg/glut strength and pilates movements designed to foster movements from the core, joint stability and flexibility, and balanced body strength.