

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am Cardio Yoga <i>Jess</i>	6:00-6:45am TRX Total Body <i>Chris</i>				
7:00-7:45am Cardio Kickboxing <i>Sen</i>		7:00-7:45am Cardio Kickboxing <i>Sen</i>				
			8:30-9:15am Just Dance <i>Nitixa</i>		8:00-9:00am Barre <i>Chablis</i>	
9:30-10:30am Barre <i>Chablis</i>	9:30-10:30am Straight Strength <i>Hanna</i>	9:30-10:30am Barre <i>Chablis</i>	9:30-10:30am Straight Strength <i>Stephanie</i>	9:15-10:00am TRX Circuit <i>Chris</i>	9:15-10:15am Step <i>Chablis</i>	9:00-9:45am Vinyasa Yoga <i>Jess</i>
10:45-11:30am Cardio Strength Circuit <i>Hanna</i>	10:45-11:30am Pilates <i>Chablis</i>	10:45-11:30am TRX Circuit <i>Chris</i>		10:15-11:00am Yin Yoga <i>Kimberly</i>	10:30-11:25am Straight Strength <i>Stephanie</i>	
4:30-5:15pm Straight Strength <i>Stephanie</i>	4:30-5:15pm TRX Circuit <i>Zoe</i>	4:30-5:15pm Straight Strength <i>Zoe</i>	4:30-5:15pm Pilates <i>Chablis</i>		11:30am-12:15pm Hatha Yoga <i>Stephanie</i>	
5:30-6:15pm Hatha Yoga <i>Stephanie</i>	5:30-6:30pm Vinyasa Yoga <i>Susan</i>	5:30-6:15pm HIIT <i>Jeannie</i>	5:30-6:15pm TRX Total Body <i>Zoe</i>			
6:30-7:15pm HIIT <i>Jeannie</i>		7:00-7:45pm Yin Yang Yoga <i>Amad</i>	6:30-7:15pm Cardio Kickboxing <i>Sen</i>			

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BARRE: Ditch your sneakers for this ballet-inspired class! This class builds cardiorespiratory endurance, strength and flexibility in a low-impact manner by combining ballet-inspired movements with elements of pilates, yoga and strength training.

CARDIO KICKBOXING: This class combines martial arts techniques with fast-paced cardio movements. Enjoy a fun, high-energy workout while you build muscle and endurance and improve coordination and flexibility.

CARDIO STRENGTH CIRCUIT: This is a total body, heart pumping, aerobic and strength workout. Get ready for an interval-based class that incorporates different modalities of cardiovascular exercise and strength training to challenge and strengthen the heart and major muscles.

CARDIO YOGA: High intensity yoga inspired workout that incorporates hand weights, bursts of cardio and signature yogic postures and flows.

HATHA YOGA: Postures are practiced to align, strengthen and promote flexibility. Breathing techniques and meditation are also integrated. There is an emphasis on simplicity, repetition and ease of movement.

HIIT: Build cardiovascular fitness while improving strength as you go through all-out, high intensity bursts of exercise, followed by short active recovery periods.

JUST DANCE: Grab your dancing shoes and have fun learning easy-to-follow choreography that focuses on balance, range of motion and coordination.

PILATES: The focus of this class is strength, stability, posture, proper breath control and flexibility. Move through slow, controlled exercises to balance strength and flexibility and challenge the core.

STEP: A full body workout and cardio experience using the classic step. Using rhythmic movements that will increase your coordination, stamina and strength you will step it up and down, back, forth and around to the sound of your favorite beats while sweating it out.

STRAIGHT STRENGTH: Improve your strength by using a variety of equipment such as free weights, stability balls, resistance tubing, and more.

TRX CIRCUIT: This interval-based class will improve your strength and get your heart pumping by using a variety of equipment such as the TRX, free weights, resistance bands and more.

TRX TOTAL BODY: This class will improve mobility, flexibility, strength, endurance, power, core strength and heart health. Combinations of cardio, strength and flexibility will challenge every part of your body.

VINYASA YOGA: Mind and body come together as you move smoothly through poses while focusing on breath. This class focuses on posture, flexibility, balance, strength and meditation.

YIN YOGA: Enjoy a slower practice where poses are passively held for longer periods of time, working on the deep, dense connective tissue and joints in the body.

YIN YANG YOGA: Relax with slow flow sequences to warm up the whole body followed by deep restorative yin poses.