

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 - 6:35am Strong Bodies Julianne	5:35 - 6:35am Spin /Core Julianne	5:35 - 6:35am Morning Yoga Julianne		8:15 - 9:15am Strong Bodies Donna	10:30-11:30am Strength and Endurance Katie
8 - 9am Yogalates Helen	8 - 9am Strong Bodies Helen		8 - 9am Strong Bodies Yvonne	9 - 10am Morning Yoga Jaylyn	9:30-10:15am Spin Jamie/Amy	
	9:05 - 9:55am Yogalates Helen		9:30-10:30am Prenatal Yoga Kristen *Must register	10 - 11am Enhance Jonelle *Must register	10:30-11:30am Youth Dance *Must register	
10- 11am Enhance Kristen *Must register	10 - 11am Zumba Gold Jonelle	10- 11am Enhance Kristen *Must register	10 - 11am Core and Tone Jonelle	Ages 12 years and up are welcome to participate in any of our group exercise classes.		
5:45-6:45pm Yoga for the Back Helen/Kristen *Must register	6-6:50pm Strong Bodies Donna	6-6:50pm PiYo Kristen	6 - 6:50pm Circuit 6 Donna	GROUP EXERCISE CLASS FEE: Members: Free General Public: \$8.00 Punch Card: \$80.00 for 11 visits		
7 - 7:50pm Zumba Sarah	7-7:50pm Turbo Kick Jessica	7-7:50pm `Cize Jessica		Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.		

**Effective until
Jan 2-May 1 2017**

Spin/Core – 60 minute class - This indoor cycling class is tailored for the beginner, intermediate and advanced levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. 60 minute spin/core classes include 15-20 minutes of "core" work (abs, lower back and glutes) in various styles of pilates, floor, balls, or weights.

Strength and Endurance – 60 minute class - Strength training is an important aspect of overall well being. Get a great total body workout while increasing muscular strength and endurance.

Strong Bodies – 50-60 minute class - This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

Yogalates – 60 minute class - This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

Zumba /Zumba Gold – 45-60 minute class - A fusion of Latin American and international dance. Routines feature aerobic and interval training that tone and sculpt. Zumba Gold is low impact Zumba easier on joints and slower in pace.

`Cize – 50 minute class - This class is so much fun, it will be easy to forget it's exercise. In each routine, our instructor will break down challenging dance moves step-by-step, and builds them into a full routine in about. You don't have to have a dance background to master these moves, practice, and dedication that will torch fat and calories. It's all choreographed to great music to keep everyone energized and moving.

Power Yoga – 60 minute class - Class includes flowing from one pose to the next to reap huge benefits from practice.

Circuit 6-50 minute class - Challenge yourself one minute at a time with this fast paced cardio class.

Core and Tone – 45 minute class - Strengthen your core, back, and overall strength. The class will incorporate cardio, dynamic and static strength exercises while emphasizing posture and technique to maximize your workout.

PiYo – 60 minute class - This fat-burning, low-impact class combines the muscle-sculpting benefits of Pilates with the strength and flexibility of yoga. The pace is faster than a traditional Pilates or yoga class.