



GROUP FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 5:00 AM Debbie	BURN DOWN 6:00 AM Dylan	Cycle + 5:00 AM Debbie	BURN UP 6:00 AM Dylan	Cycle 5:00 AM Debbie	Step & Sculpt 8:00 AM Sharon
Step & Sculpt 8:15 AM Karen	TBC 8:15 AM Nancy	Cycle 8:30 AM Mia	Hi-Lo-Pi-Yo 8:15 AM Karen	TBC 8:15 AM Nancy	Cycle 8:00 AM Varies
BURN UP 9:00 AM Leah	BURN DOWN 9:00 AM Leah	Reformer Pilates 8:30 AM Leah	Reformer Pilates 8:30 AM Leah	Reformer Pilates 8:30 AM Leah	Kickboxing 8:00 AM Dylan
Yoga 9:30 AM Mia	Barre 9:30 AM Mia	BURN OUT 9:00 AM Michael	BURN UP 9:00 AM Mia	BURN DOWN 9:00 AM Mia	BURN OUT 9:00 AM Mia/Marcos/Dylan
Reformer Pilates 10:00 AM Leah	Reformer Pilates 10:00 AM Leah	Mat Pilates 9:30 AM Leah	Barre 9:30 AM Leah	Yogalates 9:30 AM Leah	Pop Pilates 9:30 AM Celina
Reformer Pilates 10:45AM Leah	Reformer Pilates 10:45 AM Leah	Reformer Pilates 10:30 AM Leah	Reformer Pilates 10:30 AM Leah	Reformer Pilates 10:30 AM Leah	Reformer Pilates 10:00 AM Leah
			Reformer Pilates 11:15 AM Leah		
Step & Sculpt 4:15 PM Sharon	Mat Pilates 5:00 PM Shellie	XTREME 5:30 PM Sharon	Bootcamp 5:30 PM Tommy	XTREME 4:15 PM Sharon	
Bootcamp 5:30 PM Tommy	Kickboxing 6:00 PM Dylan	Reformer Pilates 6:00 PM Leah	Kickboxing 6:00 PM Dylan		
BURN UP 5:30 PM Dylan	Cycle 6:00 PM Mia	BURN OUT 5:30 PM Dylan	Cycle 6:00 PM Rhonda		
Yoga 6:30 PM Leah	Zumba 6:00 PM Rebecca	Yoga 6:30 PM Karen			



Cycle



Cardio & Step



Toning & Strength



Bootcamp



Mind & Body



Reformer Pilates



BURN



Kickboxing

CLASS DESCRIPTIONS

Barre: Barre utilizes classical Ballet dance movements, Pilates, Yoga, and strength training combined with usage of the Ballet barre, resistance bands, exercise balls and small hand weights. Prepare to shake, pulse and feel the burn! Barre is suitable for ALL fitness levels. 🔥 250-450

Boot Camp: Bootcamp is a high intensity and high energy group fitness class. Bootcamp will challenge your strength and endurance while taking you through a variety of timed intervals and stations. Bootcamp utilizes a variety of equipment to ensure a total body workout and is suitable for ALL fitness levels. 🔥 500-800

BURN: These high intensity classes combine strength and endurance using treadmills, rowers, kettlebells, barbells, TRX and more to give you a complete workout every time! This class is for those who are serious about getting results. Our experienced coaches are full of life and will give you personal attention and inspiration as they push you forward with tough love. BURN UP is upper body focused, BURN DOWN lower body focused and BURN OUT is endurance focused. BURN is suitable for ALL fitness levels 🔥 450-1000+ (premium membership required)

Cycle: Cycling is a great cardiovascular workout where every class utilizes different combinations of the following: small hills, steep mountain climbs, sprints, flat roads, intervals, varying resistance and lots more! **Wednesday Cycle + 5am** – 45 minutes on the bike followed by abs & stretching OR 15 minutes of circuit training. Cycling suitable for ALL fitness levels. 🔥 400-1000+

HiLo PiYo: HiLoPiYo is a low impact, high energy interval workout geared towards improving your balance, strength & flexibility. We start with low impact "old school" floor aerobics, followed by strength work with light weights, a TABATA series (intense interval core/weight work), Pilates, & finish with Yoga. HiLoPiYo is suitable for ALL fitness levels. 🔥 300-400

Mat Pilates: Mat based Pilates focuses on strength, stability, posture, proper breath control & flexibility. Each class will work to balance all of your muscle groups strength & flexibility with an emphasis on challenging the core muscles with each movement. Mat Pilates classes will be taught using slow, controlled movements and is suitable for ALL fitness levels. 🔥 250-350

Pop Pilates: Pop Pilates takes classical Pilates to the next level by challenging students to rhythmically flow from one exercise to the next, developing a rock-solid core and leaving no muscle untouched. It is a mat based fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. Pop Pilates is suitable for ALL fitness levels. 🔥 250-350

Reformer Pilates: Reformer Pilates classes are a fantastic way to improve strength, posture, flexibility, balance & core development. The Reformer Pilates machine is an elegant, infinitely adjustable apparatus that uses springs and pulley's to provide finely tuned resistance that is suitable to your fitness level. 🔥 200-300 (premium membership required)

Step and Sculpt: Step & Sculpt will work your heart, muscles & brain in this fun energetic class! Step begins with a dynamic warm-up, followed by active, choreographed cardio exercises targeting different muscle groups. **Step** it up and down, over and around to the sound of your favorite beats in this fast paced class. **Sculpt** will focus on balance, core strength, muscular sculpting, & finish with a variety of stretches. Step & Sculpt is suitable for ALL fitness levels. 🔥 350-550

TBC (Total Body Conditioning): TBC is designed to provide total body strength and overall toning by working major muscle groups in a variety of ways utilizing a mix of free weights, resistance bands, medicine balls, balance balls, bender balls, weighted bars, steps, BOSU balls, etc. TBC is suitable for ALL fitness levels. 🔥 150-350

XTreme: Xtreme is a cross training class that uses a variety of equipment including a step, weights, resistance balls and more! You will work your core and improve flexibility and balance. Xtreme is suitable for ALL fitness levels. 🔥 350-550

Yoga: Yoga will work all parts of the body physically & mentally to create & compliment activities of daily life. Yoga focuses on improving balance, strength & flexibility in a peaceful, relaxed atmosphere. Yoga helps to release stress & tension using different disciplines: Vinyasa, Yin, & Hatha as well as props, (blocks, straps & the wall), to help experience the stretch & poses in a way that is achievable for all fitness levels. 🔥 200-300

Zumba: Zumba is a high-energy fitness program that combines international music with dance moves to target various parts of the body and improve cardiovascular health. Zumba is suitable for ALL fitness levels. 🔥 400-600

Kickboxing: Kickboxing is a full body workout. You can expect improved upper body and aerobic power, anerobic fitness, speed, flexibility, and agility. 🔥 400-1000+

🔥 Approximate calories burned