

Studio A

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Step Interval 5:20-6:10 am Chrissy F.	TURBO KICK® 5:20 - 6:10 am Deb S.	Step 5:20 - 6:10 am Lori N.	TURBO KICK® 5:20 - 6:10 am Deb S.	Cardio and Strength Circuit 5:20 - 6:10 am Kelsi S.	
		H.E.A.T. 5:20-6:10 am Justean A.	Adv. Kettlebell** 5:20 - 6:00am Jen W.	H.E.A.T. 5:20-6:10 am Jen W.		
	A.B.S. 6:15 - 6:30 am Lauren B.	Tai Chi 8:00 - 8:55 am Barbara B.	A.B.S. 6:15 - 6:30 am Lori N.	Tai Chi 8:00 - 8:55 am Barbara B.	A.B.S. 6:15 - 6:30 am Kelsi S.	
				H.E.A.T. 9:30 - 10:50 am Ami B.		H.E.A.T 8:10 -9:00 am Kelly K.
	Step 9:30 - 10:25 am Lori N.	TURBO KICK® 9:20 - 10:15 am Michelle H.	BODYJAM™ 9:30 - 10:30 am Kristin J.	Beg. Kettlebell** 9:30 - 10:20 am Rena V.	Step 9:30 - 10:25 am Krista B.	
	BOSU Bounce 10:40 - 11:30 am Ami B.	Zumba 10:30 - 11:20 am Tanya R.	Body Sculpt 10:40-11:30 am Michelle R.	TURBO KICK® 10:30 - 11:20 am Michelle H./ Michelle R.	Cardio and Strength Circuit 10:40 - 11:30 am Ami B.	Step 10:10 - 11:00 am Dawn C.
TKD** 2:00 - 4:00 pm			TURBO KICK® 11:50 - 12:50 pm Michelle R.			Hip Hop for Kids 11:05 - 11:55 am Stacy J.
	Yoga 4:10-5:00 pm Kim M.	H.E.A.T. 4:10 - 5:10 pm Justean A.	Hip Hop Hustle 4:30 - 5:20 pm Andrea M.		BODY JAM™ 4:30-5:20 pm Rachel M.	
	Y-Pump 5:30 - 6:15 pm Dawn C.	Basic Step 5:30 - 6:20 pm Becky H.	Cardio Kick 5:30-6:15 pm Becky H.	Zumba 5:30 - 6:15 pm Chris C.		
	Step 6:25 - 7:20 pm Dawn C.	BODYJAM™ 6:30-7:25 pm Rachel M.	Step 6:25 - 7:20 pm Becky H.	BOSU Bounce 6:30-7:25pm Justean A.		**must register to attend classes with asterisks
	Zumba 7:30 - 8:20 pm Tanya R.			Cardio and Strength Circuit 7:35-8:25 pm Heather O.		Shaded class to be held outside or in gym

THIS IS A TENTATIVE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE



Studio B

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Y-Pump 5:20 - 6:10 am Lauren B.	Pilates 5:20 - 6:10 am Trudy H.	Y-Pump 5:20 - 6:10 am Kelsi S..	Power Yoga 5:20 -6:10 am Laura K.	Y-Pump 5:20 - 6:10 am Lauren B.	
	Beg. Kettlebell** 5:20 - 6:00am Deb S.		Gentle Yoga 6:20-7:10 am Lyne F.			
	GET MOVING 8:15 - 9:10 am Bev L.		GET MOVING 8:15 - 9:10 am Bev L.		GET MOVING 8:15 - 9:10 am Bev L.	Beg. Kettlebell** 8:10-9:00 am Rotation
	PIYO™ 9:20 - 10:15 am Cynthia R.	Body Sculpt 9:30 - 10:25 am Ami B.	Pilates 9:20 - 10:15 am Julie E.	Body Sculpt 9:30 - 10:25 am Michelle H.	Pilates 9:20 - 10:15 am Julie E.	Y-Pump 9:10 - 10:00 am Dawn C.
	Y-Pump 10:30 - 11:25 am Cindy T.	Yoga 10:40 - 11:35 am Kim M.	Y-Pump 10:30 - 11:25 am Michelle H.	Yoga 10:40 - 11:35 am Kim M.	Y-Pump 10:30 - 11:25 am Michelle H.	Yoga for Kids (6 and up) 10:20 - 11:00 am Faith M.
	Pilates 11:35 am - 12:30 pm Beverly V.	BOSU Bounce 11:35 am - 12:30 pm Ami B.	Yoga 11:35 - 12:20 pm Cynthia R.	BOSU Bounce 11:35 am - 12:30 pm Joan K.	Adv. Kettlebell** 11:25-12:15 pm Deb S.	Parent and Child Yoga 11:15 - 11:55 am Faith M.
		Stable and Strong 1:00 - 2:00 pm Bev L.		Stable and Strong 1:00 - 2:00 pm Bev L.		
			Body Sculpt 4:30-5:20 pm Justean A.		Body Sculpt 4:30-5:20 pm Justean/Melissa G.	
	BODY JAM™ 5:00-5:50 pm Staci M.	T.U.B.E. 5:00-5:50 pm Stacy J.	Y-Pump 5:30 - 6:15 pm Melissa G.	T.U.B.E. 5:00-5:50 pm Justean A.		
	Athletic Performance Training** 6:00-6:45 pm	BOSU Bounce 6:00-6:50 pm Joan K.		Athletic Performance Training** 6:00-6:45 pm		
	Pilates 7:00- 7:55 pm Trudy H.	PIYO™ 7:00 - 7:55 pm Maryse C.	Gentle Yoga 7:00-7:55 pm Faith M.	Yoga 7:00 - 7:55 pm Kerry W-A.		Shaded class to be held in Wellness Center
						**must register to attend classes with asterisks

THIS IS A TENTATIVE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE



Studio C

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycling 5:15 - 6:15am Lori G.	Cycling 5:30 - 6:15 am Lauren B.	Cycling 5:15 - 6:15 am Ross P.	Cycling 5:30 - 6:15 am Lauren B.	Cycling 5:15 - 6:15 am Dawn L.	Cycling 8:00 - 9:00 am Rotation
	Cycling 9:30 - 10:30 am Cindy T.	Cycling/Strength 9:30 - 10:45 am Joan K.	Cycling 9:30 - 10:30 am DeAnn W.	Cycling/Strength 9:30 - 10:45 am Trudy H.	Cycling 9:30 - 10:30 am Ami B.	
			Therapeutic YOGA 10:40-11:25 am Kim M.		Cycling 12:00-12:45 am Darron D.	
		Cycling 6:00 - 7:00 pm Heather O.		Cycling 6:00 - 7:00 pm Lyne F.		
	Beg. Kettlebell** 7:10-8:00 pm Chrissy F.		Adv. Kettlebell** 7:10-8:00 pm TBD			

THIS IS A TENTATIVE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE



A.B.S. (Abs, Back and Strength)	A 15-minute session devoted to abdominal and low-back strengthening.
Athletic Performance Training	Youth program please see registration flyer for details
BODYJAM™	BODYJAM™ group fitness program incorporates the latest dance sensations and music with challenging cardio workout.
Body Sculpt	This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and strength equipment.
BOSU Bounce	This class incorporates the BOSU for a combination of strength and cardio movements that will also work on you core and balance
Cardio Kickboxing	Are you ready for a very athletic Martial Arts inspired aerobic workout? This class combines quick and powerful jabs and punches of the upper body with explosive leg kicks of the lower body.
Dance Party	Join us for a sampling of our dance fitness classes all wrapped into one!
Get Moving	This class consists of low impact aerobics, strength training and stretching. A great class for seniors, beginners and those wanting to get moving again.
H.E.A.T. (High Energy Aerobic Training)	High energy aerobic training. Interval training will keep your body challenged and asking for more while you tone your body from head to toe using jump ropes, hand weights, steps, and more!
HIP HOP HUSTLE™	A pre-designed hip-hop dance class that's easy to follow...anyone can learn moves and make them their own!
HIP HOP for KIDS	HIP HOP style dance class for ages 7 to 12
Kettlebell	Beginner and Advanced please see flyer for registration details
Martial Spirit	This is an innovative class that develops core skills that are common across the martial arts while providing a great workout.
Parent and Child Yoga	A yoga class for parents and children to learn and practice yoga positions together.
Pilates	A total body conditioning method combining flexibility, strength and balance. The purpose is to improve posture and to focus on the powerhouse, or core.
PI YO™	This unique class combines principles of Pilates with yoga. Great for increasing flexibility and core strength.
Stable and Strong	This is a 1 hour overall strength and balance workout for Active Older Adult exercisers.
Step	A great low-impact and moderate to moderate-high intensity workout that combines patterns on and around the step for a great cardio workout.
Step and Kick Combo	This combination aerobic class will include step aerobics patterns along with athletic drills, kickboxing, hi/lo floor aerobics or other sport style conditioning.
CARDIO and STRENGTH CIRCUIT	This combination class includes a variety of cardiovascular exercises (gliding disks, steps, kick box , athletic drills, hi-lo aerobics) for at least 50% of total class time along with muscle conditioning work, for a total body workout. Great for advanced participants to challenge themselves during the muscle intervals and good for beginners who can use muscle intervals as a rest period.
Tai Chi	Tai Chi is a century old system of health and self-defense. It is thought of as "new age dance." Through a series of postures you will learn how to relax and move towards optimal health in addition to life protection benefits.
Therapeutic Yoga	A yoga class for individuals that have a limited range of motion, recovering from injury or suffer from chronic pain conditions.
T.U.B.E. (The Ultimate Body-sculpting Experience)	Change up your strength training routine with a challenging total body resistance workout using only resistance bands. This class is held in the Multipurpose room.
TURBO KICK®	One of the hottest classes around! Turbo Kick takes athletic moves, sports drills, hip hop flavor and mixes them into easy to follow combinations. Many of the moves are kickboxing specific for strength and endurance training.
Yoga	You will learn the fundamentals of Asana Yoga; how to breathe, move, stretch and relax. Uses gentle stretches and poses to increase flexibility, muscle strength and joint stability. Both young and older individuals will benefit.
Y-Pump	Take a break from the weight room and get into this group strengthening class. It is a muscle endurance class focusing on primary upper and lower body muscle groups using a variety of strengthening equipment (dumbbells, body bars, physioballs and resistance bands).
Zumba	Change up your cardio routine with an exciting salsa dance inspired workout. Get Latin dance groove on and be prepared to work and have a fun time!
Cycling	Instructors Choice! Anything goes with this class! You will never know what fun your instructors have planned for you until you start riding.

