






Group Fitness Schedule - Feb 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:15-7:00am	 Karen (6:00-7:00am)	Cycle Fit Frances	 Dana (6:00-7:00am)	Cycle Fit Frances				
7:00-8:00am			Bounce Class Frances/Debbi	Body Blast Chuck (8:00-9:00am)		8:00-9:00am	Cycle Fit Frances (8:00-9:00am)	Bounce Class Frances (8:00-9:00am)
9:30-10:30am	Body Blast Chuck	Core Class Chuck	Body Blast Chuck	Bounce Class Frances/Debbi	Barbell Blast Chuck	9:15-10:15am	Yoga Renee (9:15-10:15am)	
11:00-12:00pm	Yoga Lisa	Yoga Beth	Nia India	Yoga Beth	Yoga Joni	10:30-11:30am	 Dana M (10:30-11:30am)	 Karen (10:30-11:30am)
12:15-12:45pm	Interval Strength & Cardio Renee	Step Elizabeth	Yoga Beth	Strength Class Renee	Total Body Conditioning Elizabeth	12:00-1:00pm	Beginner Zumba Linda (11:30-12:15pm)	Yoga Mike O (12:00-1:00pm)
5:30-6:20pm	Vitality Dana M	Cycle Fit Mike K	Power Yoga Renee	 Dana				
6:30-7:30pm	Kick Boxing Keith/Julie	 Karen	Kick Boxing Keith/Julie	Core Plus Dana				
7:30-8:30pm	Pilates Kathy	Yang-Yin Yoga Renee	Vitality Dana M	Zumba Kirsten				

Getting to know your classes

BARBELL BLAST	A non-cardio class that consists of using a lightweight barbell and selected weight plates (2 1/2, 5 & 10lbs) to work through conditioning each major muscle group.
BODY BLAST	A high impact cardio and muscular workout using hand weights, body bars and strengthening bands.
BOUNCE CLASS	Kangoo boots provided. For all levels of fitness - enjoy this full body workout which reduces the impact stress on all of your joints by up to 80%. This aerobic class encourages the removal of toxins in the body, increases endurance and helps to sculpt your thighs and bottom. Class includes some resistance training.
CORE CLASS	This class focuses on toning and defining the abs and strengthening the back to improve posture and core strength.
CORE PLUS	Compliment your existing training with specific <i>core</i> conditioning to great music while challenging the brain, working on balance, and having fun. The instructor may include a variety of equipment in this great workout.
CYCLE FIT	Utilizes stationary bikes for a cardio workout. Water bottles mandatory and towels are highly recommended.
FITNESS KICK BOXING	An interval workout incorporating agility training, core strength, plyometrics, box and kickboxing training techniques.
INTERVAL STRENGTH & CARDIO	This half hour class will target all muscle groups of the body with a combination of strength, cardiovascular training and resistance training. All levels welcome.
	Blast all of your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weights. Group Power combines squats, lunges, presses and curls with functional intergrated exercises.
NIA	A body, mind, spirit fitness class that blends dance arts, martial arts and healing arts (yoga) in a total-body cardiovascular conditioning class. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Danced in bare feet to amazing music- it is energizing, relaxing and fun!
STEP CLASS	An invigorating aerobic workout for all fitness levels, with a variety of movements all done on a multi-level step.
TOTAL BODY (CONDITIONING)	A muscular workout using hand weights, body bars and strengthening bands.
VITALITY	Using strength training to improve energy, balance, coordination, force, power, and endurance to enhance someone's ability to perform activities of daily living. Using fun music, the class will enjoy HIIT training, muscle toning, and muscle stretching while testing balance.
YOGA	Learn basic postures and breathing techniques that will help improve your flexibility and strength. Try <i>Power Yoga</i> for a higher intensity yoga experience.
YANG-YIN YOGA	Come to this yoga class to build internal heat within the body for the first half (YANG) and enjoy a long slow relaxing unwind into the second half of the class (YIN). All levels welcome. Welcome cooler evenings with this perfect unwind.
ZUMBA	Fitness program consisting of short dance and aerobic exercise routines performed to popular Latin American music.