

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|---|--|--|---|---|
| 5:30 - 6:30am Spin Camp* Sharon | 5:30 - 6:30am Sunrise Yoga Jessica | 5:30 - 6:30am Barre Fusion Jessica | | 5:30 - 6:30am Strictly Strength Patti | | |
| 8:15 - 9:10am Dynamic Strength Patti | 8:15 - 9:10am ZUMBA®! Yeye | 8:15 - 9:10am Strength Fusion Jessica | 8:00 - 9:10am Yoga Flow Allison | 8:15 - 9:10am ZUMBA®! Yeye | 8:00 - 8:55am ZUMBA®! Yeye | 8:00 - 8:55am ZUMBA®! Angelica |
| 9:30 - 10:25am Streamline Sculpt Joan | 9:30 - 10:25am Step Fusion Donna | 9:15 - 10:10am Cardio Box* Cecilia | 9:15 - 10:10am ZUMBA®! Yeye | 9:30 - 10:25am Cardio Blast* Cecilia | 9:15 - 10:10am Cardio Barre* Cecilia | 9:00 - 9:55am Strength Fusion Sadari |
| 9:30 - 10:15am Run For It!* Melanie | 9:30 - 10:15am Run For It!* Melanie | 9:30 - 10:15am Ellip-t-core* Melanie | 9:30-10:15am Run For It* Melanie | 9:30 - 10:15am Ellip-t-core* Melanie | 10:15 - 11:15am Pilates Sculpt MJ | 10:00 - 11:15am Yoga All Levels Judy |
| 11:00 - 11:55am ZUMBA®! Yeye | 10:30 - 11:10AM FitBarre* Cecilia | 10:30 - 11:45am Yoga Laura | 10:20-11:00am Core Sculpt Melanie | 10:30 - 10:55am BOOTY XPRESS* Cecilia | 11:30 - 12:30pm Barbell Power* Cecilia | |
| 12:15 - 1:15pm Balance & Strength Jessica | 11:15 - 12:10PM ZUMBA Gold Angelica | 12:30 - 1:25PM Low Impact Resistance Donna | 12:15 - 1:10pm TBC Basic Donna | 11:00 - 11:55am Pilates Mat Laura | 12:30 - 1:45pm Vinyasa Flow Yoga Liz | 12:15 - 1:15pm Pure Stretch Jamie |
| | 1:30 - 2:25pm Yoga All Levels Judy | | | 12:15 - 1:15pm ZUMBA Gold®! Yeye | | |
| 4:45 - 5:55pm Yoga for Strength Jessica | 4:30 - 5:25pm TBC* Cecilia | 4:45 - 5:25pm Cardio HIIT Sonya | 4:30 - 5:25pm Circuit Blast Robbie | 4:30 - 5:25pm On the Mat Cecilia | | 4:00 - 5:00pm Pilates on the Ball MJ |
| 6:00 - 6:55pm Bootcamp Robbie | 5:30 - 6:15pm Cardio Blast* Cecilia | 5:30 - 6:25pm Barre Power* Cecilia | 5:30 - 6:25pm Vinyasa Flow Yoga Liz | 5:30 - 6:15pm Fight Night Cecilia | | |
| 7:00 - 7:40pm Barre Fusion* Stacy | 6:25 - 6:55pm X*PRESS FIT Cecilia | 5:30 - 6:00pm X*PRESS RUN Vanessa | 6:30 - 7:25pm ZUMBA®! Angelica | 6:30 - 7:30pm Gentle Yoga Liz | | |
| 7:45 - 8:40pm ZUMBA®! Stacy | 7:00 - 7:55pm Pilates Sculpt Laura | 6:30 - 7:10pm Cardio Box* Stacy | | | | |
| | | 7:15 - 7:55pm Barre Burn* Stacy | 7:30 - 8:30pm Bootcamp Sadari | | | |
| | 8:00 - 8:45pm X*FIT Cecilia | 8:00 - 9:00pm Resis-Dance* Jessica | | | | |

*Reservation required

You can sign up for classes online! Sign-ups open 3 days prior to the class start time!

Shaded classes are off peak--



CLASS DESCRIPTIONS

Balance & Strength

A functional toning class designed to improve posture and balance by focusing on alignment and strength.

BarbellPower

A challenging strength training and muscle endurance class using the barbell to work the muscles of the upper and lower body. Take weight lifting to the next level with this great new class!

BarrePower/Barre Fusion/Barre Burn

Experience the transformational power of this barre inspired class! Light weights and small movements may look easy, but you will feel the fire! Great for tightening and toning!

Bootcamp

Work your total body with non-stop intervals of strength and cardio! This powerful class will get you sweating and smiling in no time! Power up, ladies!

Booty Express

Got booty goals? Get it done here in this booty-focused express class!

Cardio Barre

Yes you heard right - Cardio Barre! Get the burn of barre mixed with the sweat of cardio! Take your barre work to the next level!

Cardio Blast

55 minutes of hardcore cardio training that combines hi/lo impact aerobics, kickboxing and total body conditioning followed by focused muscle work. Get ready to SWEAT!

Cardio Box

This class combines classic cardio moves with boxing drills to keep your heart rate up – perfect for burning fat and getting stress out of your system!

Cardio HIIT

High Intensity Interval Training is all the rage because nothing changes your body faster! Put in your maximum effort for maximum results!

Circuit Blast

This circuit class will take you through strength, cardio and skill intervals to get the maximum burn! A fun and motivating total body approach and a challenging workout!

Core Sculpt

Create a strong core, test your balance, and build lean muscle with a variety of equipment in this core-focused class.

Dynamic Strength

More POWER please! Studies show lifting heavy weights is the best way to change the shape of your body for the better! Take your workout up a notch and fear no dumbbells!

Ellipt-core

A 45-minute cardio interval workout on the elliptical machines that focuses on your core, with varying levels of resistance.

FitBarre

A fusion of ballet inspired movements, light sculpting and Pilates mat. This class creates strong, sculpted muscle while working on flexibility and posture.

Interval BURN

Intense intervals of cardio, strength and core exercises will get your body where you want it to be fast! This is an intense 45-minute blast that will have you sweating and loving every minute of it!

Low Impact Resistance

Resistance Bands offer a challenging and effective muscle-strengthening workout. That, coupled with a bit of low impact cardio, will leave you feeling strong and energized!

On the Mat

This workout will sculpt and strengthen your entire body with challenging, Pilates-inspired exercises. The burn will have you coming back for more!

Pilates Mat/Pilates Sculpt

Sculpt your whole body beautiful with the method that dancers love best - Pilates! Increase your flexibility and strength and create longer and stronger muscles with the format chosen by ballet dancers worldwide!

Pilates on the Ball

Take the best of Pilates mat work and mix in the fun of working with the Swiss Ball! This class adds a new dimension to your Pilates routine, and your body will reap the rewards!

Pure Stretch

A mix of dynamic stretching and long holds designed to improve your mobility and stability. Great for muscle recovery!

Resis-Dance

The theme is Fit Fearless Female! Dance and sweat and get strong with this one-of-a-kind empowering class! No prior dance experience required!

Run For It!

A 45 minute cardio interval workout on the treadmill with varying levels of speed and incline. You'll find your inner athlete with this awesome guided cardio workout!

SpinCamp

By popular demand, SpinCamp is on the schedule for the summer! Half Cycle, half studio class with weights, you get the best of both worlds! Not into Cycle? Join in for the studio segment – yes you can!

Step Fusion

Get your heart pumping with this fun, fast-paced step class! Step followed by weight and core work gives you a fun and full-body workout!

Streamline Sculpt

This class combines barre, Pilates and ballet movements to lengthen, and tone! Using light weights and different types of resistance, you will feel stronger, taller and sleeker in no time!

Strictly Strength

Get your strength training done in this all-strength total body class! Hit the weight work from head to toe and walk out feeling the power!

Strength Fusion

Strength training is an absolutely essential element for achieving your fitness goals and maintaining long term youthfulness but we want to get our cardio in too! This class brings you both with intervals of strength work and cardio blasts - you really can have it all!

A class designed to target all major muscle groups using a variety of equipment such as weights, bands and bars for total body strength and conditioning.

TBC Basic

A total body conditioning class for strengthening all major muscle groups in a safe and modifiable way.

Fight Night

MMA style combinations mixed with athletic drills in 6-minute rounds! Kickboxing turned WAY up - this class is a total knock out!

Vinyasa Flow Yoga

Get strong and loose with this energetic and strengthening flow class. Connect with your power by connecting with the breath – you will be amazed at how strong you are!

X*FIT

A mix of cross-training and fitness means this class will always be different but will always deliver! Bring your water bottle and get ready to work!

X*PRESS FIT

Do more than core in this intense calorie blaster! You'll make every minute count in this fast and efficient class - get in, get out, get fit!

X*PRESS RUN

Work your cardio for 30 motivating minutes on the treadmill using varying intervals of speed and incline. Get in, get out, get 'er done!

Yoga

Increase your strength and flexibility with yoga! A hatha style class involving a combination of vinyasa flow and holding poses. Focus on the breath is encouraged, as is listening to your body and modifying as needed.

Yoga All Levels

This yoga class caters to all ability levels. Precise form is taught and adjustments are made to encourage proper technique. More advanced students will have the opportunity to take poses to a more challenging level.

Yoga Flow

This class is a moving meditation that offers many of the benefits of restorative yoga with a focused and gentle flow of movement and breath work.

Yoga for Strength

This strengthening and centering practice builds from a foundation of correct anatomical alignment and power. Holding positions builds strength and heat in the body as you reap the empowering benefits of yoga!

ZUMBA®

Lively Latin music is combined with Afro-centric beats in this motivating, dance-based aerobic workout. No former dance background needed, just shake your hips and join in the fun!

ZUMBAGOLD®

This class delivers all the fun of Zumba with less impact in the joints. If you're new to Zumba or need to keep things low impact, Zumba Gold is for you!

Just a few reminders!

- Studio classes can hold a maximum of 27 participants. Some will have smaller maximum participants due to space required or equipment used.
- For sign-up classes, if you are not present at the start of class you forfeit your spot. We will fill the open spot on a "first come first served" basis with priority given to members on the waitlist.
- Reservations can be made 72 hours in advance at the front desk. Check in is required. No-shows will be subject to a fee.
- For safety, members may not enter a class 5 minutes after the class has begun and members may not enter the studio or spin room until the previous class is over.
- Class instructor is subject to change without notice. Classes averaging fewer than 10 participants may be dropped in future months.