

# Classic Membership Group Exercise Schedule

October 2019

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5:15 am <b>Total HIIT</b> Scott 45 m		5:00 am <b>Cycle</b> Jana 25 m		5:15 am <b>Total Body Blast</b> Mari 45 m		5:00 am <b>Cycle</b> Jana 25 m		5:15 am <b>Power Circuit</b> Mari 45 m			
		5:35 am <b>Muscles Mashup</b> Jana 25 m				5:35 am <b>Muscles Mashup</b> Jana 25 m					
8:00 am <b>Schwinn® Cycle</b> Sabrina 45 m		8:15 am <b>Muscles in Motion</b> Mari 45 m		8:15 am <b>HIIT it Hard</b> Mari 45 m		8:15 am <b>Muscles in Motion</b> Mari 45 m		8:15 am <b>Express Interval Cycle</b> Ashley 30 m		8:15 am <b>Express Cycle</b> Gabriella 30 m	
								8:45 am <b>POP Pilates®</b> Sabrina 45 m			
9:00 am <b>POP Pilates®</b> Sabrina 45 m		9:00 am <b>Schwinn® Cycle</b> Sabrina 50 m		9:00 am <b>POP Pilates®</b> Sabrina 55 m <b>PT studio</b>		9:00 am <b>Schwinn® Cycle</b> Sabrina 50 m		9:30 am <b>Zumba®</b> Juli 45 m		9:00 am <b>POUND®</b> Sabrina 45 m	
10:05 am <b>Strength 101</b> Jackie 45 m		10:15 am <b>Hatha Yoga</b> Kimberly 90 m		10:05 am <b>TABATA®</b> Jackie 45 m	10:05 am <b>Schwinn® Cycle</b> Sabrina 45 m	10:15 am <b>Hatha Yoga</b> Kimberly 90 m		10:30 am <b>Strength 101</b> Jackie 45 min		10:05 am <b>POP Pilates®</b> Yvonne 55 m	
11:00 am <b>Power Cycle</b> Gabriella 45 m										11:30 am <b>Power Cycle</b> Gabriella 45 min	
12:00 pm <b>Zumba®</b> Juli 45 m		12:00 pm <b>Total HIIT</b> Scott 45 m		12:00 pm <b>Zumba®</b> Juli 45 m		12:00 pm <b>Total HIIT</b> Scott 45 m				<p>Schedule subject to change</p> 	
5:00 pm <b>POP Pilates®</b> Yvonne 45 m	5:15 pm <b>Endurance Cycle</b> Dora 45 m	5:25 pm <b>POP Pilates®</b> Ashley 45 m		5:00 pm <b>POP Pilates®</b> Yvonne 45 m	5:15 pm <b>Endurance Cycle</b> Dora 45 m	5:25 pm <b>POP Pilates®</b> Ashley 45 m					
6:15 pm <b>Core Fit</b> Ashley 45 m		6:15 pm <b>Muscles in Motion</b> Ashley 45 m				6:15 pm <b>Muscles in Motion</b> Mari 45 m					
7:00 pm <b>Power Yoga</b> Kimberly 45 m		7:15 pm <b>Zumba®</b> Erin 45 m		7:00 pm <b>Power Yoga</b> Kimberly 45 m		7:15 pm <b>Zumba®</b> Erin 45 m		7:00 pm <b>Wind Down Yoga</b> Kimberly 60 m			

## Mind/Body Classes

**Hatha Yoga:** This 90 minute class focuses on mental, physical, and overall health. Designed to “work through” your body by incorporating mantras, flow yoga and meditation this class will have you attempting challenging poses while at the same time disciplining your mind and preparing your body as you enter and leave each session allowing you a boost in your health sustaining a healthier transition throughout the year.

**Power Yoga:** Flow through the mountains of YogaFit®. Intermediate and advanced classes focus on aligning the spine and joints for optimal energy flow. Be challenged with our unique approach to vinyasa yoga, moving fluidly from one pose to the next to build up heat in the body. Sweat out your toxins and end your day feeling relaxed!

**Rejuvenate Yoga:** Gentle workout to stretch and strengthen, using props such as core ball, bands, stability ball. Improve range of motion and joint mobility, while reducing the effects of stress.

**Wind Down Yoga:** A perfect class for your Friday evening by allowing you to enjoy some calorie burning yoga with great company and wine!

## Cardio and Strength Classes

**Core Fit:** Come join in on an ab workout that will strengthen your core and have you feeling great! This class is perfect for all fitness levels.

**Endurance Cycle/ Express cycle/ Power Cycle:** Drench yourself in sweat! Come cycle with our top-notch coaches who will leave you breathless and energized!

**HIIT it Hard / Total HIIT:** High Intensity Interval Training class will have you burning calories, losing fat and building muscular strength. HIIT has been utilized to be one of the most effective and efficient workouts anyone can do. Pairing cardiovascular strength with muscular strength will give you a bigger bang for your buck. All fitness levels welcomed.

**Muscles in Motion:** This class format emphasizes on working your full body with high reps and low to moderate weight. These movements will help tone you up, build muscle, and endurance for everyday activities. This class is made for all fitness levels so there is no excuse you can't join in

**Muscles Mashup:** An early morning full body express class! Maximize your time in the gym with a full body workout using weights to strengthen, tone, and sculpt. Make your mornings matter!

**POP Pilates®:** Pilates with attitude! Work on the mind-body awareness from the inside out: build a rock solid core, improve strength, flexibility and balance. An addictive class, fun for everyone!

**POUND®:** SWEAT. SCULPT. ROCK. POUND® is the world's first cardio jam session inspired by the infectious, energizing and seat-dripping fun of playing the drums. \*Only official POUND® Ripstix® are allowed in order to participate. Check out our Facebook page for more information on Ripstix®.

**Power Circuit:** This circuit-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and boost your metabolism. All fitness levels will benefit from this fast paced class and it a great way to start your day!

**Schwinn® Cycle:** Join Sabrina and ride the Schwinn® style of indoor cycling. Schwinn® has a heritage of 125 years incorporating the principles, approach, and science of real outdoor cycling. Enjoy a fast pace, music in your face ride that focuses on FUN, FRIENDS, and SWEAT!

**Strength 101:** An easy to follow full body workout primarily using dumbbells and bodyweight movements. You will work each muscle group and focus on strengthening and toning. This class will help you work on strength training form and how to effectively target those areas that you would like to tighten and build. Higher reps with lower weights will help you to tone and define each muscle group. Great starter class for strength training and building overall stability.

**Total Body Blast:** This class consists of working on your muscular and cardiovascular endurance, muscle development involving strength training and finishing off with some muscle conditioning to leave you burning calories not only through the class but the rest of your day.

**TABATA®:** Work strength and cardio with the full body action packed 45 min class. 20 secs of work gets you 10 secs of rest but you will be sweating the entire class. There is something for everyone of all fitness levels in TABATA®. Come experience this fun and high calorie burning style of working out!

**Zumba®:** Forget Jazzercise®! Zumba® is a Latin inspired workout for all ages where you can dance to great music with awesome people and get your calorie burn while having fun! Everyone is invited to this party, no dance experience required! Zumba Gold will be lower intensity while working on balance, range of motion and coordination. Come find your inner dancer.