



Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am (30min) Hard Core <i>Ellen</i>					
	6:15am (45min) Vinyasa Yoga <i>Lara F</i>	6:30am (45min) Total Strength <i>Ellen</i>	6:15am (45min) Vinyasa Yoga <i>Lara F</i>	6:30am (45min) Total Strength <i>Ellen</i>	6:15am (75min) Turtle Flow Yoga <i>Maggie</i>	9:30am (90min) Boot Camp & Spin <i>Lara</i>
10:30am (45 min) Tabata & Tone <i>Amanda</i>	11:45am (40min) Triple Threat <i>Joe</i>	11:45am (40min) Vinyasa Yoga <i>Lara F</i>	11:45am (40min) Cardio Camp <i>Sandra</i>	11:45pm (40min) H.I.I.T. <i>Kristen</i>		
	12:30pm (40min) TRX Training <i>Charles</i>	12:30pm (40min) Boot Camp <i>Lara K</i>	12:30pm (30min) Amazing Abs <i>Sandra</i>	12:30pm (40min) Boot Camp <i>Lara K</i>	12:30pm (40min) Total Body Conditioning <i>Amanda</i>	
	5:30pm (60min) BootyBarre <i>Lana</i>	5:30pm (60min) Ultimate Conditioning <i>Liz</i>	5:30pm (60min) BootyBarre <i>Lana</i>	5:45pm (45min) H.I.I.T. <i>Kristen</i>		
	6:40pm (45min) Toning <i>Melissa</i>	6:40pm (45min) PiYo <i>Theresa</i>	6:40pm (45min) Cardio Butts & Guts <i>Melissa</i>			

Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30am (45min) <i>Ellen</i>	6:30am (45min) <i>Nicole B</i>	6:30am (45min) <i>Amanda</i>	6:30am (45min) <i>Nicole B</i>	6:30am (45min) <i>Amanda</i>	8:45am (50min) <i>Velma</i>
10:30am (60min) <i>Becca</i>		11:45am (40min) <i>Terry</i>		12:00pm (25min) Sprint Spin <i>Lara K</i>		9:30am (90min) Boot Camp & Spin <i>Lara K</i>
	5:45pm (45min) <i>Brad</i>	6:00pm (50min) <i>Becca</i>	5:45pm (60min) <i>Jessie</i>	6:00pm (60min) <i>Jessie</i>		

Amazing Abs - Do you feel your mid-section needs strengthened? Dr. Sandy' will lead you through a wide variety of core movements to help firm, flatten, & shape-up your tummy. Challenging for all fitness levels!

BootyBarre - a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. We focus on proper biomechanics for a safe and well-structured class that is challenging for all fitness levels!

Boot Camp - This class is not for the weak-hearted! You'll get that heart pounding with challenging cardio drills and hard- core strengthening exercises. Get ready to do push-ups and crunches, run obstacles, jump rope, and do some more push- ups. No excuses! Challenging for intermediate and advanced fitness levels!

Boot Camp & Spin – The first 40 minutes of class will consist of fast pace strength/core training using balls, bands and more, followed by 45 minutes of spinning. Challenging for intermediate and advanced fitness levels!

Butts & Guts - This fast pace workout will consist of aerobic and strength intervals designed to shape and slim the core and the lower body. Eight mini-workouts within the class are short, and exceptionally varied to keep your core and lower body in a constant state of muscle fatigue and surprise. Challenging for all fitness levels!

Cardio Camp - A fun blend of high intensity cardio and strength exercises designed to challenge all fitness levels. Cardio boot camp is designed to improve your strength and endurance while burning lots of calories. Format utilizes a variety of Equipment and no two classes are exactly alike so the boredom factor never sets in. Challenging for all fitness levels.

Hard Core - Strength from the inside out. This will strengthen the important core muscles of the abdominals, glutes, lower back, upper thighs, and hips. Challenging for all fitness levels!

H.I.I.T. – High Intensity Interval Training is a challenging conditioning class. It includes 20 second bouts of high intensity training followed by 10 seconds of rest 8 times, which amounts to 4 minute intervals. These intervals will test your anaerobic threshold and improve athletic performance while decreasing body fat. Challenging for intermediate and advanced fitness levels!

PiYo - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will improve your balance and core power. We crank up the music, the speed, and the fun to give you an intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, beautiful physique. You will experience hardcore results from this low-impact, high-octane workout! Challenging for all fitness levels!

Spinning – A high intensity, low impact aerobic workout that simulates a rigorous bike ride, but indoors. With great music and black lights this class will increase your cardiovascular fitness level as well as your lower body strength. Challenging for all fitness levels!

Sprint Spin is Race Day training that challenges your body to work at high heart rates, close to and above your lactate threshold working toward peak performance. You will get your heart pumping, burn calories, get stronger & faster all in 25 minutes. Challenging for intermediate and advanced riders

Tabata and Tone: High-intensity metabolic conditioning workout to help you torch fat in record time. With a mix of high intensity interval training and full body toning, you will be sure to create an after burn effect. Tabata is eight cycles of 20 seconds of high intensity followed by 10 seconds of rest. Challenging for all fitness levels!

Toning – A muscular strength class designed for strengthening, toning and firming muscles using a variety of different methods and equipment such as bands, body bars, steps and stability balls. Challenging for all fitness levels!

Total Body Conditioning: Circuit of 10 total body strength moves for one minute each, three times through with a quick cardio blast in between. Goal is to burnout targeted muscle groups, while keeping up your heart-rate. Challenging for all fitness levels!

Total Strength - High energy multi-muscular and total body strength training techniques are used to enhance muscular endurance and sculpt head turning curves. Challenging for all fitness levels!

Triple Threat - This comprehensive, efficient workout brings you 15 minutes of high-intense cardio, 15 minutes of total body strength and toning exercises and 15 minutes of core training - everything your body needs is rolled into one express workout. Challenging for all fitness levels.

TRX Suspension Training is the best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Delivers a fast, effective total-body workout. Helps build a rock-solid core and increases muscular endurance. Challenging for all fitness levels.

Turtle Flow Yoga - Experience completeness of your practice by integrating breath and movement to create a powerful and stabilizing, yet delicate meditative flow. The measured pace supports quality of breath, postural alignment, and awareness of the body and mind. Great for beginners to advanced yogis!

Ultimate Conditioning is a combination of interval training and athletic conditioning, this workout will test your limits to achieve unparalleled results. This class will help you build power, speed, agility, and core strength with cardio drills, battling ropes, kettlebells and a combination of plyometrics. Ultimate Conditioning is designed to push our participants harder than they'd push themselves. Challenging for intermediate and advanced fitness levels!

Vinvasa Flow Yoga - Poses are linked together by the breath as in Ashtanga classes, but the sequence of poses may vary widely from instructor to instructor. There is still a focus on heating the body and building upper body strength. Challenging for all skill levels!