



Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am - 6:30am Reserved	5:45am - 6:30am Reserved	5:45am (45min) Met Melt Velma	5:45am - 6:30am Reserved	5:45am (45min) Met Melt Velma	
	6:35am (45min) Vinyasa Yoga Lara F	6:35am (45min) Total Strength Ellen	6:35am (45min) Vinyasa Yoga Lara F	6:35am (45min) Total Strength Ellen		8:30am - 9:30am Reserved
9:30am (45 min) H.I.I.T. Jessie/Terry						10:00am (45min) Met Melt Velma
10:30am (60 min) begins 6/11/17 Yin Yoga Kelli	11:10am - 11:55am Reserved	11:10am - 11:55am Reserved	11:30am (30min) Cardio Camp Sandra	11:10am - 11:55am Reserved		
	12:00pm (30min) H.I.I.T. Terry	12:00pm (30min) Vinyasa Yoga Lara F	12:05pm (25min) Hard Core Sandra	12:00pm (30min) TRX Training Charles	11:45am (40min) Met Melt Velma	
	12:35pm (40min) TRX Training Charles	12:35pm (40min) Boot Camp Lara K	12:35pm (45min) Barre Vinyasa Kelli	12:35pm (40min) Boot Camp Lara K	12:30pm (45min) Vinyasa Yoga Kelli	
	5:15pm - 6:00pm Reserved	5:15pm - 6:00pm Reserved		5:15pm - 6:00pm Reserved		
	6:05pm (40min) Cardio Camp Ellen	6:05pm (40min) Toning Melissa	5:45pm (45min) Shake & Shred Melissa	6:05pm (40min) Barre Intensity kelli		
	6:50pm (40min) Barre Intensity Theresa	6:50pm (40min) PiYo Theresa	6:35pm (60min) Turtle Flow Yoga Maggie	6:50pm (40min) P90x Theresa		

Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30am (45min) Terry	6:30am (45min) Velma	6:30am (45min) Jessie	6:30am (45min) Velma	6:30am (45min) Amanda	
						8:45am (60min) Velma
	12:00pm (30min) Sprint Spin Kim	12:00pm (30min) Sprint Spin Terry		12:00pm (30min) Sprint Spin		
	5:45pm (60min) Brad		5:35pm (45min) Kim			

Barre Intensity® - combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished. Challenging for intermediate and advanced fitness levels!

Barre Vinyasa - This unique class blends principles of Vinyasa Yoga (linking mind, body, and breath with movement) with the strength-building intensity and high-rep isometric movements of Barre. Work up a sweat, tone the body, and cool down with soothing stretches, guided relaxation and savasana. This class is low impact but certainly not easy! 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!

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!

Metabolic Meltdown - this class consists of 3 to 4 rotations (or sets) of 3 - 4 different exercises carefully constructed short and long chain exercises. There is very little impact, but lots of challenge. There is little to no pounding or jumping. Challenging for all fitness levels

P90X Live workouts offer a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, an work, and more. Using the science of Muscle Confusion, P90X constantly switches things up to help class members burst through plateaus. Plus, there are modifications so it will be challenging for all 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!

Shake & Shred - Feel like getting your groove on? Then this is the class for you! Pop Physique is a dance fitness class, similar to Zumba, but without the Latin influence. Variations of the same moves will be taught for low and high impact aerobic options. An additional to 10-15 minutes of concentrated toning and core work will be included. Challenging for all fitness levels!

Spinning - a vigorous workout, burning calories and keeping your muscles in shape light and music settings to create an energized atmosphere. The Instructors guides participants through Warm-up, steady up-tempo cadences, sprints, climbs and cool-downs. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Challenging for all fitness levels!

Sprint Spin - Is an all-out, short-term effort at maximum output performed in a high gear. A Sprint interval lasts no more than 30 seconds followed by a recovery period. When riders complete a true Sprint, they should be "spent." Challenging for intermediate and advanced 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 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!

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!

Vinyasa 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!

Yin Yoga - Reset mind, body, and spirit with Yin Yoga. This is the perfect way to unwind after a long week of workouts. Yin Yoga targets deep connective tissues and emphasizes holding poses anywhere from 2 - 5 minutes. Yin Yoga is a fantastic complement to counterbalance our often over-stressed, over-stimulated, fast-paced lifestyles. Appropriate for all fitness levels