

WINTER 2019

GROUP FITNESS SCHEDULE



MONDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Tess	SG
6:30 AM	Cycle 45	1/2/3	Erin	ER2
8:30 AM	Boot Camp 60	2/3	Tess	SG
9:30 AM	Circuit 60	1/2/3	Sherrye	SG
9:30 AM	Cycle & Core 60	1/2/3	Courtney	ER2
10:30 AM	Mat Pilates 60	1/2/3	Christy	CRE
10:30 AM	Couch to 5k 60	1/2/3	Tess	Track
11:00 AM	Moderate Yoga 60	1/2/3	Ken	MPA
11:30 AM	Strength 101 45	1/2	Tess	ER1
6:00 PM	Yoga Flow 60	1/2/3	Melissa	MPA
6:00 PM	Zumba 60	1/2/3	Rotation	ER1

TUESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Tess	SG
6:45 AM	Cardio Strength 45	2/3	Tess	SG
8:30 AM	Rip 60	1/2/3	Tess	ER1
9:30 AM	Cycle 60	1/2/3	Melissa	ER2
9:30 AM	Interval Blast 60	1/2/3	Tess	SG
9:30 AM	Zumba 60	1/2/3	Lisa	ER1
10:30 AM	Barre 45	1/2/3	Jessica	ER1
5:30 PM	Functional Fitness 45	1/2	Erin	ER1
6:00 PM	TRX & Kettlebell 45	1/2/3	Megan	SG
6:30 PM	Cycle 45	1/2/3	Erin	ER2

WEDNESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Tess	SG
6:45 AM	Cycle 45	1/2/3	Tess	ER2
8:30 AM	Boot Camp 60	2/3	Tess	SG
9:00 AM	Cycle 30	1/2/3	Sherrye	ER2
9:30 AM	Mat Pilates 60	1/2/3	Jessica	CRE
9:30 AM	Kick & Cut 60	1/2/3	Christy	ER1
10:30 AM	Rip 60	1/2/3	Tess	ER1
12:00 PM	Gentle Yoga 45	1/2/3	Rotation	MPA
4:00 PM	HIIT Boxing 30	1/2/3	Megan	ER1
6:00 PM	Cardio Strength 60	1/2/3	Rotation	ER1
6:00 PM	Yoga Flow 60	1/2/3	Mickey	MPA

THURSDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Tess	SG
6:45 AM	Cardio Strength 45	2/3	Tess	SG
8:30 AM	Extreme Fit 60	2/3	Tess	SG
9:30 AM	Cycle 60	1/2/3	Melissa	ER2
9:30 AM	Interval Blast 60	1/2/3	Christy	SG
9:30 AM	Zumba 60	1/2/3	Lori	ER1
10:30 AM	Gentle Yoga 60	1/2/3	Marlene	MPA
5:30 PM	Functional Fitness 45	1/2	Mick	ER1
5:30 PM	Cycle 45	1/2/3	Tess	ER2
6:30 PM	Rip 60	1/2/3	Tess	SG
6:30 PM	Zumba 60	1/2/3	Mary	ER1

FRIDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Mick	SG
6:45 AM	Cardio Strength 45	2/3	Mick	SG
8:30 AM	Cycle 60	1/2/3	Sherrye	ER2
9:30 AM	Total Body Strength 60	1/2/3	Christy	SG
9:30 AM	Functional Walk 60	1/2	Marianne	Track
10:30 AM	Moderate Yoga 60	1/2/3	Ken	MPA
10:45 AM	Barre Pilates Mix 45	1/2/3	Jessica	ER1

SATURDAY				
Time	Class	Level	Instructor	Room
8:15 AM	Cycle 60	1/2/3	Erin	ER2
9:15 AM	Circuit 60	1/2/3	Megan	NG
9:15 AM	Mat Pilates 60	1/2/3	Courtney	ER1
10:30 AM	Cycle 30	1/2/3	Megan	ER2

SUNDAY				
Time	Class	Level	Instructor	Room
8:30 AM	Cycle 60	1/2/3	Tess	ER2
9:30 AM	Rip 60	1/2/3	Tess	ER1
11:00 AM	Max Bootcamp 90	2/3	Tess	ER1

LEGEND:

CRE—Community Room East MPA—Multi-Purpose A
 ER—Exercise Room 1 ER—Exercise Room 2
 NG—North Gym SG—South Gym

*Fit Camp is a 6-week program. Requires registration.
 Free to VIP members.
 \$20 fee members. \$40 fee non-members.

All shaded classes are included in basic membership.

FITNESS CLASS DESCRIPTIONS

Barre – A low-impact, easy to follow workout! This class is a fusion of strength, balance and stretching to target your hips, thighs, upper body, and core.

Barre Pilates Mix – The perfect mix of Barre and Pilates! A low-impact, total body workout, focusing on muscular balance, form, and alignment.

Boot Camp – A non-stop workout that will get the heart pumping and calories burning. Mix of cardio, plyometric, strength, and core exercises.

Cardio Strength – Push yourself with this total body workout full of running, jumping, lifting, core work, and more.

Couch to 5k – Great for new runners or experienced runners looking to improve their race time. Run and walk with a group that will motivate and encourage you along the way. Learn running mechanics, proper warm-up and cool-down, and stretching.

Circuit – A combination of cardio, strength, and core training moves arranged in stations.

Cycle 60 – Get fit or stay fit! Achieve real results with this non-impact 60-minute cardio workout.

Cycle 45 – Get a great cardio workout in just 45minutes!

Cycle 30 – A great intro class that includes bike set up. Ride at your level as you ease into the fun of indoor cycling.

Cycle & Core – 45-minute ride followed by 15 minutes of core.

Extreme Fit – Work your whole body using BOSU balls, TRX, sand bells, ropes, and more!

Fit Camp – Boot camp style class with a different focus each day. Cardio, core, upper and lower strength training for a total body training program. Perks include fitness assessments, progress tracking, weight management, nutrition tips and more. Program is run in six-week sessions. Free for VIP members, \$20 for members, \$40 for non-members. *(Class requires registration)*

Functional Fitness – Move well for life! Basic movements (push, pull, squat, lunge) are incorporated in a fun environment. All levels welcome, great for beginners!

Functional Walk – Walking intervals around the track, functional movements, and resistance training all packed into one fun workout!

Gentle Yoga – Enjoy gentle poses and stretching along with deep relaxation.

HIIT Boxing – This class will cover the basic punches and moves in boxing. It is a mix of traditional boxing combinations with high intensity intervals of plyometric movements to increase your heart-rate. This class will work on cardio and strength to burn fat and add lean muscle, each class ends with a tough core exercise. (Gloves recommended.)

Interval Blast – Get ready to challenge yourself with bursts of high-intensity followed by a recovery period. Cardio, strength, plyometrics, and core work all included.

Kick & Cut – High intensity kickboxing will be combined with strength training for an overall workout. Punch, kick, and lift your way to fitness!

Mat Pilates – Reform, realign and reshape your body with this multi-level Pilates mat class.

Max Bootcamp – 90-minutes of heart pumping, calorie burning fun! Be ready for anything in this class, including going outside!

Moderate Yoga – Build a stronger body, mind and spirit as you work through poses of strength, balance, flexibility, relaxation, and meditation.

RIP® – A barbell workout to strengthen and tone your entire body. The class focuses on lower weight loads and high repetitions. *(Compare to Les Mills BodyPump)*

Strength 101 – Great for those new to strength training or anyone interested in a refresher course on form and proper alignment. Class will use dumbbells, resistance bands, kettlebells, body weight, and more.

Total Body Strength – A strength training class designed to target every muscle in the body. Expect a mix of weights, bands, balls, and more.

TRX & Kettlebell – Get stronger and leaner as you work your whole body using suspension trainers and kettlebells. This workout will include upper body, lower body, core and a bit of cardio.

Yoga Flow – Breath is linked to every movement as you flow through poses focusing on balance, flexibility, and strength.