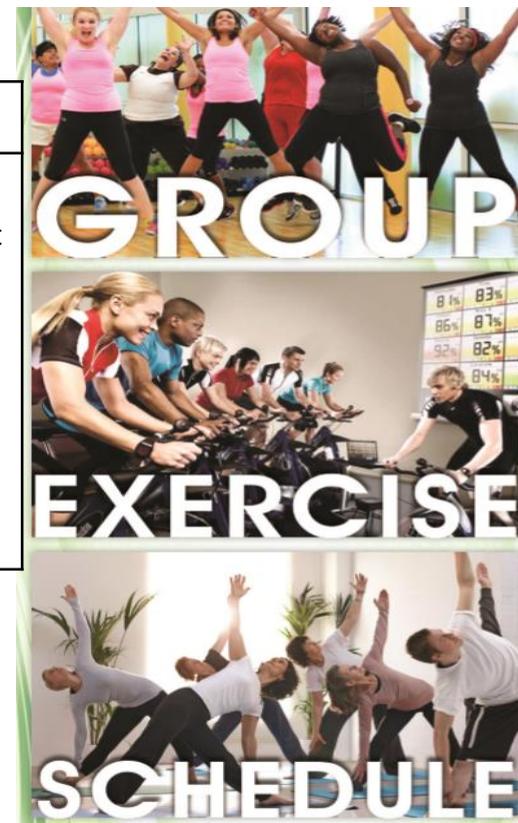


GROUP EXERCISE CLASS SCHEDULE

Time	Mon	Tues	Wed	Thurs	Fri	Sat
6:00-6:45am		6 Week Bootcamp	Sign-Up @ Front Desk	6 Week Bootcamp		8:30am-1:30pm Omnia Circuit Drop-In <i>Let our trainers take you through a workout!</i>
11:15-11:45am	Omnia	Step Interval		Muscle	Kettlebell Fusion	
11:15-12:00pm					Friday Fury Bootcamp	
12:05-12:50pm	Metabolic Meltdown	Glutes, Cardio & Core	Cycle	Muscle		
3:45- 4:30pm	Trial Class 1/27-2/17			Omnia		
4:30-5:15pm	Ripped Ride	Ab, Stretch & Roll				
5:30-6:00pm			Muscle			
5:30-6:15pm	MixedFit®	TBC		Zumba®		
6:05-6:50pm			Ripped Ride			
6:15-7:00pm	Omnia					
6:30-7:30pm		Flow Yoga ●		Flow Yoga		



- **All classes are all levels!** Modifications will be provided.
- Have to arrive a little late or leave a little early? That's ok! Just make sure to warm-up and cool-down on your own.
- Classes are subject to change due to low participation.

***Trial Classes/ ● Red Light Classes** need 3 participants consistently to remain on the schedule.

Come keep this class on the schedule!!!

CLASS DESCRIPTIONS

AB, STRETCH & ROLL The first half of this class focuses on every abdominal muscle group including the lower back using mats, gliders, balls, bands, etc. Improve your posture, decrease risk of injury and increase balance by working this important muscle group. The second half will focus on stretching using a variety of equipment. **BA, SH**

CYCLE This challenging low impact workout taught on a stationary bike includes a variety of drills that simulate outdoor cycling, climbing hills, sprinting and more! **PO, MV**

FLOW YOGA In this Vinyasa style flow class, you'll be guided through basic postures, but also allowing for more challenging poses based on your practice level. **BA, SH, FN**

FRIDAY FURY BOOTCAMP This class mixes traditional calisthenic and body weight exercises with interval training and strength training. The exercises and format change for every workout so no two boot camp sessions are the same **PO, MV, SP, SH**

GLUTES, CARDIO & CORE Targets the abs, buns, & thighs to strengthen and improve core stability while mixing in cardio drills to get your heart pumping! **BA, SH, FN, MV**

KETTLEBELL FUSION This kettlebell-style class incorporates cardio bursts and an assortment of equipment for a variety of exercises in each session. The unique combination of skills and movements will supply the perfect challenge to your cardiovascular and muscular fitness. **PO, MV, SP, SH**

METABOLIC MELTDOWN Be prepared to sweat in this full-body workout designed to spike your body's metabolic rate. This intense class features dynamic cardio drills, kettlebells, medicine balls and much more set to intense intervals that torch fat and crush calories. **PO, MV, SP, SH**

MixedFit® An easy to follow dance fitness program that is a mix of explosive dancing and boot camp toning. **MV, SH, FN**

MUSCLE A dynamic whole-body muscle conditioning class using dumbbells, exercise balls, gliding discs, body bars and your own body weight as resistance tools. **PO, SH**

OMNIA A full body, fast paced functional class utilizing the Omnia equipment, focusing on building strength and endurance. Class is located on the fitness floor. **PO, MV, SP**

OMNIA CIRCUIT DROP-IN Staff will have a circuit set up in the Omnia area on Saturdays from 8:30am-1:30pm. Drop in anytime and the staff will assist you through it! **PO, MV, SP, FN**

RIPPED RIDE Tone your whole body with intervals of strength training during the ride. Strength training will be performed off the bike, cycling shoes are not recommended for this class. **PO, MV, SP, FN**

STEP INTERVAL This class combines step drills and a variety of strength training equipment to give you the best of both worlds when it comes to boosting your heart rate and working your muscles. **MV, SH, FN**

6 WEEK BOOTCAMP With a new workout every session, these classes are designed to push participants harder than they'd push themselves. In celebration of the NEW YEAR (2020) every workout will be split into two formats. i.e. 20 minutes of HITT and 20 minutes of Core or 20 minutes of Cycle and 20 minutes of Circuits. Current session dates: Jan 7th- February 13th. Free for members; \$25 for non-members. **Pre-registration required. See staff for details. **PO, MV, SP, SH**

TBC Cardio and strength training intervals will make your heart race and work every muscle group for improved overall fitness. **PO, MV, SP, SH**

ZUMBA® Ditch the workout and join the party! This fun, easy to follow and heart pumping cardio dance class combines motivating Latin music with unique moves that make you feel like you are partying on the dance floor. **MV, SH, FN**

BA Balance	MV Move	SH Shape
PO Power	SP Sport	FN Fun