



MONDAY

BP	8.00-9.30	CARDIO SCULPT	DAWN
	9.30-10.30	SPIN™	NICOLLE
	5.00-5.30	ZUMBA®	LISA
	5.30-6.00	BODY SCULPT	LISA
	6.00-7.00	YOGA	DEANNA
	7.00-8.00	INTERVAL TRAINING	KEVIN
DH	7.00-8.00	BOOT CAMP	DELL
	8.00-9.00	SPIN™	PAT
	8.00-9.00	YOGA	GEA
	9.30-10.30	SPIN™	LYNN
	9.30-10.30	CARDIO MIXED BAG	CINDY
	10.30-11.30	SCULPT/CORE CHALLENGE	LYNN
	11.30-12.30	ZUMBA®	CHEN
	5.00-6.00	SPIN™	DIANNE
	6.00-7.00	SCULPT	JESSICA
	7.00-8.00	TRIPLE CHALLENGE	JESSICA
MEL	9.30-10.30	CARDIO CRAZY	DAWN
	10.30-11.30	BODY SCULPT	DAWN
	12.15-1.00	BOOT CAMP	DAWN
	5.15-6.15	INTERMEDIATE PILATES	SUSAN
	6.15-7.15	YOGA-HATHA	SUSAN
	7.30-8.30	ZUMBA®	EDDIE T.

TUESDAY

BP	6.00-7.00	SPIN™	SHARON
	8.00-9.00	BODY SCULPT	LISA
	9.00-10.00	BODY BLAST	PAT
	10.00-11.00	YOGA	PAT
	5.00-6.00	INSANITY	JENNIFER
	6.00-7.00	SPIN™	NICOLLE
	7.00-7.30	BODY SCULPT	LISA
	7.30-8.00	ZUMBA®	LISA
DH	7.00-8.00	TABATA	PAT
	8.15-9.15	YOGA-VINYASA	KARIN
	9.30-10.30	CARDIO CRAZY	ED
	9.30-10.30	SPIN™	MELISSA
	10.30-11.30	PILATES MAT	ILENE
	11.30-12.30	ZUMBA®	MICHELLE
	5.00-6.00	YIN YOGA	JANINE
	6.00-7.00	H.I.I.T.	BETH
	6.00-7.00	SPIN™	DIANNE
	7.00-8.00	ZUMBA®	BRYAN
MEL	7.00-8.00	CIRCUIT TRAINING	NICOLE
	9.30-10.30	KICKBOXING STRENGTH INTERVAL	LYNN
		CORE CHALLENGE	LYNN
	10.30-11.00	CARDIO/SCULPT	LYNN
	12.15-1.00	BODY SCULPT	NANCY
	6.00-7.00	BOOT CAMP	DELL

WEDNESDAY

BP	6.00-7.00	INTERVAL TRAINING	KEVIN
	8.00-9.30	STEP & SCULPT	DAWN
	9.30-10.30	SPIN™	NICOLLE
	6.00-7.00	YOGA	DEANNA
	7.00-8.00	BODY BLAST	LAURA
DH	7.00-8.00	POWER SCULPT	SABRINA
	8.00-9.00	SPIN™	SABRINA
	8.00-9.00	PILATES MAT	SUSAN
	9.30-10.30	SPIN™	LYNN
	9.30-10.30	TRIPLE CHALLENGE	DAWN
	10.30-11.30	SCULPT	DAWN
	11.30-12.30	ZUMBA®	CHEN
	5.00-6.00	TABATA	AZAD
	5.00-6.00	SPIN™	LYNN
	6.00-7.00	SCULPT	LYNN
	7.00-8.00	ZUMBA®	CARRIE
	8.00-9.00	YOGA	CATHY
MEL	9.30-10.30	ZUMBA®	CARRIE
	10.30-11.30	MULTI-LEVEL YOGA	JANINE
	12.15-1.00	PILATES	ILENE
	5.30-6.30	ZUMBA®	MARGARET
	6.30-7.30	CARDIO BOOT CAMP	CATHERINE

THURSDAY

BP	6.00-7.00	SPIN™	DAWN
	8.00-9.00	SPIN™	PAT
	9.00-10.00	YOGA & PILATES	PAT
	5.00-6.00	H.I.I.T.	KEVIN
	6.00-7.00	SPIN™	NICOLLE
DH	7.00-8.00	YOGA-VINYASA	ILENE
	7.00-8.00	SPIN™	JOHN
	8.00-9.00	POWER SCULPT	PAT
	9.30-10.30	SPIN™	ED
	9.30-10.30	ZUMBA®	ERIKA
	10.30-11.15	MUSCLE MECHANICS	LYNN
	11.30-12.00	ABS & GLUTES	LYNN
	4.00-5.00	MUSCLE MECHANICS	LYNN
	5.00-6.00	YOGA-VINYASA	JANINE
	6.00-7.00	SCULPT	JESSICA
	6.00-7.00	SPIN™	BETH
	7.00-8.00	ZUMBA®	JESSICA
MEL	7.00-8.00	BOOT CAMP	DELL
	9.00-10.00	PILOXING	DAWN
	10.15-11.15	YOGA	GINA
	12.15-1.00	CARDIO KICKBOXING	LYNN
	5.30-6.15	BODY SCULPT	NANCY
	6.15-7.15	YOGA	CATHY
	7.15-8.15	BOOT CAMP	DELL

FRIDAY

BP	8.00-9.30	BODY BLAST	DAWN
	9.30-10.30	SPIN™	DAWN
	10.30-11.30	YOGA	DOREEN
DH	7.00-8.00	BOOT CAMP	DELL
	8.00-9.00	SPIN™	BILLY
	9.30-10.30	POWER SCULPT	JESSICA
	9.30-10.30	SPIN™	RENEE
	10.30-11.30	YOGILATES	KARIN
	11.30-12.30	ZUMBA®	MICHELLE
MEL	6.00-7.00	PILATES	KATHY
	8.00-9.00	YOGA	JEN
	9.30-10.30	CARDIO BODY BLAST	DAWN
	10.30-11.00	CORE CHALLENGE	DAWN
	12.15-1.00	BOOT CAMP	DAWN

SATURDAY

BP	7.00-8.00	SPIN™	SHARON
	8.00-9.00	BODY SCULPT	LAURA
	9.00-10.00	ZUMBA®	LANA
DH	7.30-8.30	SPIN™	BETH
	9.00-10.00	H.I.I.T.	BETH
	9.00-10.00	SPIN™	BILLY
	10.00-11.00	SCULPT	SABRINA
	11.00-12.00	ZUMBA®	MICHELLE
MEL	7.30-8.30	YOGA	GEA
	9.00-10.00	CARDIO BOOT CAMP	DELL
	10.30-11.30	ZUMBA®	THUY

SUNDAY

BP	8.00-9.00	SPIN™	NICOLLE
	9.00-10.00	BODY SHRED	NICOLLE
DH	8.00-9.00	CARDIO KICKBOX	LYNN
	8.00-9.00	SPIN™	BETH
	9.00-10.00	ZUMBA®	THERESA
	9.30-10.30	SPIN™	JOHN
	10.30-11.30	YOGA-IYENGAR	CATHY
MEL	9.30-10.30	ZUMBA®	MICHAL
	10.30-11.30	CARDIO BODY BLAST	ANNAMARIA



Endurance

Cardio Crazy	Step, Aerobics, and Kickbox plyometrics blended into one to get your heart rate up for a great calorie-burning workout.
Cardio Push	A high-intensity interval training class packed with plyometric drills of strength, power, resistance and core training moves.
Tabata	Interval Training using 20 seconds of ultra-intense exercise followed by 10 seconds of rest. Weights, bars, or bands are used to increase athletic capacity.
Zumba®	Calorie-burning and body-energizing. Fast/slow rhythms and resistance training are combined to tone and sculpt your body. Loaded with Latin flavor, this class is exhilarating and addictive.

Step

Step	Aerobic exercise using elevated platforms with emphasis on hips, thighs, abdominals, and buttocks.
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Studio Cycling

Spin™	The smooth, low-impact movement of cycling and the fun and stimulation of group exercise are combined to improve endurance and cardiovascular health.
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Toning

Abs & Glutes	½-hour of intense abdominal and glute exercises.
Abs & Stretch	Focus is on your abs and stretching to increase flexibility.
Body Bar & Sculpt	Weighted bars are used for a head-to-toe workout to tone, define, and strengthen your body.
Body Toning	Strength and endurance using light weights.
Burn to Firm	This class is like Personal Training to music. Slow, deliberate exercises are done to isolate individual muscles, adding strength and definition.
Core Challenge	Strengthening exercises for your inner core muscles.
Muscle Mechanics	Light weights and increased repetitions or heavier weights with less repetitions make this sculpting class surprisingly challenging. The format changes every week to 'wake-up' muscles that have been 'asleep' from the same old routine.
Pilates Mat	Based on the work of Joseph Pilates, this class combines control, centering, flow of movement, and breathing. Focus is on core exercises that improve flexibility, joint movement, and overall strength.
Power Sculpt	A strength and endurance cross-training class where muscle-conditioning exercises are combined to elevate the heart rate and increase muscle endurance.
Sculpt	A head-to-toe exercise class that includes a warm-up to increase blood flow to muscles, muscle-specific exercises to tone, define, and strengthen your body, and stretching to increase flexibility.

Total Workout

Body Blast	A high-intensity full-body conditioning class consisting of cardio and strength training.
Body Shred	A 30-minute intense workout for those with short time but high on motivation.
Boot Camp	A high-intensity, full-body conditioning class.
Cardio Kickbox/Sculpt	A series of punching and kicking exercises using weights to sculpt the entire body. This class is a great cardio workout!
Cardio Mixed Bag	Every week is different: Classic Aerobics, Step, Kickboxing, Calisthenics, Sculpting, and more.
Cardio Sculpt	Intervals of Aerobics are combined with muscle-toning exercises.
Circuit Training	Fast-paced sculpting class with cardio intervals.
HIIT / Insanity	High Intensity Interval Training—the ultimate cardiovascular experience. alternating between high and low-intensity, the high energy and fast pace make this class challenging, effective, and FUN.
Piloxing	A fat torching, muscle-sculpting core-centric interval workout that blends Boxing and Pilates.
Triple Challenge	Three times the cardio is three times the fun! Step, Bosu, Kickboxing, and Aerobics are mixed together.

Yoga

Aside from its obvious mental, spiritual, and flexibility benefits, many of yoga's physical results go unseen. Relaxation, improved digestion, easier respiration, optimized circulation for everyday living, a calmer nervous system, and a more positive outlook on life are all hallmarks of yoga's practice.

Hatha Yoga	Slow-paced, relaxing yoga that focuses on breathing technique and relaxation.
Iyengar Yoga	A system of yoga based on the precise awareness of anatomy and alignment of the body.
Vinyasa Yoga	A dynamic, flowing-style yoga that emphasizes the connection between breath and emotion.
Yin Yoga	A slow-paced, passive style of Yoga with postures being held from 1-5 minutes. This practice soothes the mind, increase flexibility, and enhances range of motion in your spine and joints.
Yoga	Basic yoga postures for relaxation, meditation, and rejuvenation.
Yogilates	A beautifully blended mind/body class: yoga postures are combined with the core-strengthening exercises of Pilates.

Complimentary Class Guidelines No registration is necessary; just check the Class Schedule and walk in.

- Do not enter a class in progress. If you are late, please check the Schedule for the next available class.
- Be considerate of other Members' space; don't crowd a Member who has arrived before you.
- Keep conversation to a minimum as this is disruptive and distracting.
- Water must be bottled—no cups, please. A towel is recommended.
- Coats or bags of any kind are not permitted in the room. Please use a locker.
- While some classes are more advanced than others, all Members are welcome to attend and adjust the intensity level. If you are a beginner or have an injury, advise the instructor and modifications will be made.

Spin Guidelines

- You must sign up, even if the class is not filled. Sign-up must be done personally, by yourself, for yourself.
- Sign-up begins 15 minutes prior to class. No place in line may be held before this time (there is no advantage in arriving earlier).
- First name, last name, and membership number must be printed. If you are not present when class begins, you forfeit your reservation.

In addition to those listed above for Complimentary Classes, please abide by the following policies:

- One-hour class consists of Set-up, 45-minute Spin, and Clean-up. You **must** stay to wipe down your bike.
- No change of pedals is permitted.
- A water bottle and towel are mandatory.