

GROUP FITNESS SCHEDULE



July 2nd – September 28th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spin <i>Matt</i> 11:15-12:00	Mat Pilates <i>Rochelle</i> 11:15-11:45	Bootcamp <i>Matt</i> 11:15-12:00	Power Pump <i>Jenna</i> 11:15-12:00	Triple Threat <i>Matt</i> 11:15-12:00
Power Pump <i>Jenna</i> 12:15-1:00	H.I.I.T. <i>Jenna</i> 12:00-12:30	Step Fusion <i>Jenna</i> 12:15-1:00	Spin <i>Collin</i> 12:15-1:00	Vinyasa Yoga <i>Chantelle</i> 12:15-1:00
Restorative Yoga <i>Jenna</i> 1:15-1:45		Abs Express <i>Jenna</i> 1:15-1:30		

Class Pass – Don't forget to reserve your place in class by taking a card at the front desk! Cards will be available 15 minutes prior to start time. Please hand card to instructor on your way in.

There is a 10 participant maximum for all classes and a 2 participant minimum.

No classes on Independence Day (July 4th) and Labor Day (September 3rd).

CLASS DESCRIPTIONS



Abs Express	A quick 15-minute workout utilizing a variety of equipment to tighten and tone your core muscles. If you want to strengthen your core – this is <i>absolutely</i> the class for you!
Bootcamp	Bootcamp circuit workouts feature functional movements with varied exercises that include strength training, body weight exercises, conditioning, and plyometric movements completed for time. Come by for this fun and fast-paced class!
H.I.I.T.	H igh I ntensity I nterval T raining helps to improve cardiovascular fitness, increase muscle mass and help with weight loss. This class combines high-intensity cardio intervals with periods of short recovery and strength exercises for the ultimate full-body workout!
Mat Pilates	This class will lead you through a variety of core strengthening exercises. Exercises are designed to align and lengthen the body, while increasing focus and awareness; incorporating strengthening exercises into a yoga format by using only bodyweight.
Power Pump	A choreographed strength class that utilizes varying tempos, isometric holds, and high reps to work every major muscle group. Use plate loaded bars & dumbbells to determine your intensity for this high-energy, full body strength workout. <i>Get “pumped up” in Power Pump!</i>
Restorative Yoga	Slow down your practice in this simple, no-sweat class. Connect mind, body and breathe to peacefully settle into a physical and mental rest. Never strain, simply listen to your body as you slowly move from posture to posture lengthening & loosening your muscles.
Spin	Indoor cycling is a great way to get in to shape fast and challenge your cardiovascular system. Our instructors will lead you through a mix of sprints, hill climbs, and intervals to burn fat and leave you feeling great. Cycling is a low impact activity and all levels of fitness are welcome to attend.
Step Fusion	This is a high-energy choreographed cardio class that combines traditional step moves with high intensity cardio moves both on and off the step. Step up your intensity by using one or two risers!
Triple Threat	Challenge yourself with cycles of 3 minutes cardio, 2 minutes strength, and 1 minute of abs. Repeat this sequence throughout the whole class. <i>Get ready to sweat with triple threat!</i>
Vinyasa Yoga	This yoga class is taught as an active flow-style class that will get your heart pumping and your mind relaxing. Practice popular strengthening, balancing and flexibility poses in a sequence that everyone can do. Beginners are welcome!