

# Group Exercise Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:15am</b>	Monday Mania	Jump Start	Cycle/Bootcamp	Jump Start		
<b>8:15am</b>	Spinning®	Cycle Bootcamp Body Flex	Spinning®	Cycle/Bootcamp Body Flex	Cycle/Bootcamp	Spinning
<b>9:00am</b>	Bootcamp Body Alive	Pure Strength (A)	Bootcamp Body Alive	Pure Strength (A)	Zumba® (A)	Super Step (A)
<b>10:00am</b>	Yoga (1st Floor)	Zumba® (A)	Yoga (1st Floor)	Zumba® (A)		
<b>4:30pm</b>	Zumba® (A)		Zumba® (A)			
<b>5:30pm</b>	Super Step (A)		Super Step (A)			
<b>5:45pm</b>	Spinning Yoga (1st Floor)	Zumba (A)	Bootcamp Yoga (1st Floor)	Zumba (A) Spinning		
<b>6:30pm</b>	Zumba® (A)	Bootcamp	Pure Strength (A)	Bootcamp		

## Class Descriptions

Updated May 7, 2021

**BODY ALIVE**– 45 minutes of light weight toning, stretches, and balance exercises for increased strength and flexibility.

**BODY FLEX**– Slow paced and relaxing stretches for the entire body. This class is great for all levels of fitness and athletes. 45 min. BEGINNER

**BOOTCAMP** - A high intensity functional training workout combining cardiovascular endurance, strengthening, and agility exercises. Challenging and creative workouts each class! Class limited to first 25 participants and lasts up to 45 min. HIGH INTENSITY

**CYCLE BOOTCAMP**– A combination of Spinning® & Bootcamp for a cardiovascular and strength challenge. HIGH INTENSITY

**JUMP START** - Start your day off with this 45 min. class combining toning and cardio in a circuit format. ALL FITNESS LEVELS

**MONDAY MANIA**- 30-45 MINUTES OF INTERVAL TRAINING! Start your week with a fun and challenging workout to boost metabolism and gain endurance. HIGH INTENSITY

**PURE STRENGTH**- A complete strength training routine using body weight, free weights, and other equipment to increase metabolism, muscle strength, and endurance, and to help decrease body fat. ALL FITNESS LEVELS

**SUPER STEP**- 55 min. of non-stop, advanced step and hi/lo aerobics to high energy music. HIGH INTENSITY

**YOGA**- Designed to build flexibility and strength, this class works to improve circulation, create a light strong body, and a calm mind. ALL FITNESS LEVELS!

**ZUMBA®**-A combination of Latin and international music and dance moves to effectively burn calories, tone, and improve cardiovascular stamina. ALL FITNESS LEVELS 45-50 min.

\*There is a minimum of 3 participants required for classes to meet and will be called after a 5 minute wait. Please wipe down all equipment used in each class including mats.