

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Monday Mania	Jump Start	Cycle/Bootcamp	Jump Start		
8:15am	Spinning®	Cycle Bootcamp Body Flex	Spinning®	Cycle/Bootcamp Body Flex	Bootcamp Barre Fusion	Spinning®
9:00am	Bootcamp Body Alive	Pure Strength (A)	Bootcamp Body Alive	Pure Strength (A)	Zumba® (A)	Super Step (A)
10:00am	Yoga (1st Floor)	Zumba® (A)	Yoga (1st Floor)	Zumba® (A)		
3:30pm		Bootcamp		Bootcamp		
4:30pm	Zumba® (A)		Zumba® (A)			
5:30pm	Super Step (A)		Super Step (A)			
5:45pm	Spinning Yoga (1st Floor)	Zumba (A)	Bootcamp Yoga (1st Floor)	Zumba (A) Spinning		
6:30pm	Zumba® (A)	Bootcamp	Pure Strength (A)	Bootcamp		

Class Descriptions

Updated January 18, 2021

BARRE FUSION- Increase flexibility, endurance, strength, and mobility in this 30-45 min. class that combines barre techniques and mat pilates.
ALL FITNESS LEVELS

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.