



GROUP EXERCISE SCHEDULE

Effective February 4, 2019

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		<i>Cycle Express</i> (45 min. w/Pat)		<i>Cycle Express</i> (45 min. w/Pat)		
	Warrior Bootcamp (60 min. w/Alec)	CARDIO BOOTCAMP (60 min. w/Val)	Warrior Bootcamp (60 min. w/Eric)	CARDIO BOOTCAMP (60 min. w/Val)	Warrior Bootcamp (60 min. w/Jake)	
6:30am		Synrgy 360 (30 min)		Synrgy 360 (30 min)		
8:30am	Warrior Bootcamp (60 min. w/Jake)	<i>Cycle Express</i> (45 min. w/Cindy)	Warrior Bootcamp (60 min. w/Jake)	 Barre (45 min. w/Kristie)	Warrior Bootcamp (60 min. w/Jake)	Warrior Bootcamp (60 min.)
	Strength & Resistance (45 min. w/Kathy)	HIIT (High Intensity Interval Training) (45 min. w/Kathy)	TRX + Cardio Fusion (60 min. w/Cindy)	HIIT (High Intensity Interval Training) (45 min. w/Kathy)	Strength & Resistance (45 min. w/Kenzi)	
9:00am		Cardio Tennis (tennis fees apply)			Cardio Tennis (tennis fees apply)	SATURDAY SAMPLER (45-60 min.) 
9:30am	Senior Fitness <i>*Beginner level. Open to all ages.</i> (60 min. w/Eric)	Yoga (60 min. w/Lydia)	Senior Fitness <i>*Beginner level. Open to all ages.</i> (60 min. w/Cindy)	Yoga (60 min. w/Lydia)	Chair Yoga (60min. W/Jane)	
11:45am	Workout Window (1145a-1245p)		Workout Window (1145a-1245p)		Workout Window (1145a-1245p)	
3:15pm	Warrior Bootcamp (60 min. w/Eric)		Warrior Bootcamp (60 min. w/Eric)		Warrior Bootcamp (60 min. w/Eric)	
4:30pm	Warrior Bootcamp (60 min. w/Alec)		Warrior Bootcamp (60 min. w/Alec)		Warrior Bootcamp (60 min. w/Eric)	
5:00pm		ZUMBA (60 min.)				
5:30pm	TRX-Box (45 min. w/Breanna)	Strength Bootcamp (50 min. w/Kenzi)	TRX-Box (45 min. w/Breanna)	Strength Bootcamp (50 min. w/Kenzi)		
				 XCO (45 min. w/Julie)		
6:00pm	Warrior Bootcamp (60 min. w/Alec)		Warrior Bootcamp (60 min. w/Alec)	Kettlebell Conditioning (30 min. w/Alec)		
6:15pm	YOGA/Core (60 min. w/Cassie)					
6:30pm		Self Defense (See Front Desk)		Cycle (60 min. w/Kenzi)		
		Cycle (60 min. w/Courtney)				



Group Exercise Class Descriptions

Cardio Bootcamp – 60 Minutes: -- The goal of this fitness boot camp is to provide a whole---body workout that builds endurance strength. Cardio Bootcamp offers a challenging and varied workout that can be modified to any level, requires little or no special equipment, and creates a sense of achievement to start your day.

Cardio Tennis ---Cardio Tennis is a high---energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Cardio Tennis is a fun group activity for anyone at any playing level looking for a fun way to burn calories & interact with others outside of the gym.

Cycle Express/ Cycle – 45---60 Minutes -- cycling focused on strength and stamina designed around music and choreographed “scenery” including hills, curves and long flat fast sections of road.

HIIT - 45 minutes - If you want to take your fitness to a new level, join us for high intensity interval training! HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise followed by longer intervals of lower to moderate intensity exercise or rest.

Senior Fitness – 60 Minutes – (Beginner level, open to all ages) Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand---held weights, and elastic tubing, are used for resistance and a chair is used for seated and/or standing support.

Strength Bootcamp – 45---50 Minutes – Work your muscles. This class will promote strength, increase bone density and boost metabolism, allowing you to burn more calories even while at rest. Dumbbells, barbells, resistance bands and your own body weight will be used for a full body strength workout. Great for all fitness levels.

SYNRGY360 – 30 Minutes - A circuit based class pushing you to your limits with the Synrgy360. It’s about more than just working out; it provides limitless opportunities to train smarter, better, and more effectively with a wide variety of training modalities.

TRX Cardio Fusion – 60 Minutes --- A NEW WAY TO TRAIN --- Suspension training exercise builds true functional strength and improves flexibility, balance and core stability all at once, as is required on the playing fields and in life. This class combines bursts of cardio throughout the class.

Yoga / Yoga Core/ Chair Yoga -- 60 minutes --- Flowing and holding poses with core/Pilates moves mixed in. Beginner modifications will be given. If you are new to yoga, please arrive 5---10 minutes early.

Zumba/XCO – 60 Minutes - Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The lightweight maraca-like Toning Sticks enhance your sense of rhythm and coordination, while toning targets zones, including arms, core and lower body.

Kettlebell Conditioning - 30 min - A quick hitting workout revolving around a combination of kettlebells and interval training to target benefits garnered from resistance training and conditioning. It will involve full body, lower impact movements with a focus on quantity and rest times rather than maximum weight.

Warrior Bootcamp - 60 min - An intermediate or above level class untalizing aspects of cardiovascular conditioning, hypertrophy (muscle building), and strength training. Using higher level techniques and schemes to create a full body, balanced training effect.

Workout Window - 60 min or less - an open gym style time slot that allows you to come in on your lunch hour, whenever it is convenient for you!! You can come for the full 60 minutes or even as little as 20 minutes if that’s all your schedule allows.

Self Defense - 45 min - Beginner to advanced Self defense course for individuals and families (13 and older) featuring Krav Maga. This class is operates in 6 weeks increments and is available to 20 individuals at a time. Members attend for free and non members can participate for a \$60 fee per 6 weeks period. Sign up at the Front Desk!!

Saturday Sampler - 45-60 min - A rotation of different classes of different disciplines ranging from Zumba, to Yoga, to Barre, and more!! See our Facebook or Front Desk to find out which class is a GO for the week!!

Barre - 45 min - A hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga, and strength training.