

Monday			
Time	Class	Instructor	Location
8:00-8:50 AM	Spin	Amy	Group Fitness Studio
9:00-9:50 AM	Yoga	Lori	Group Fitness Studio
5:15-6:05 PM	Zumba	Chastity	Group Fitness Studio

Tuesday			
Time	Class	Instructor	Location
8:00-8:50 AM	Body Sculpt	Amy	Group Fitness Studio
12:15-1:05 PM	Spin	Tammy	Group Fitness Studio
5:15-6:05 PM	Circuit	Rita	Group Fitness Studio

Wednesday			
Time	Class	Instructor	Location
8:00-8:50 AM	CardioFit	Amy	Group Fitness Studio

Thursday			
Time	Class	Instructor	Location
8:00-8:50 AM	Core and Stretch	Amy	Group Fitness Studio
5:15-6:05 PM	Sculpt-N-Spin	Rita	Group Fitness Studio

Friday			
Time	Class	Instructor	Location
12:15-1:05 PM	Spin	Tammy	Group Fitness Studio

Note: Classes and instructors are subject to change.

Class Descriptions

Body Sculpt

This class utilizes a variety of equipment to help strengthen the major muscle groups of the upper and lower body. This workout concludes with a series of stretches to maintain and improve flexibility.

CardioFit

A versatile workout for all fitness levels designed to keep you moving and the calories burning. This class incorporates low-impact, joint friendly movements involving core and upper/lower body strengthening exercises. Class will conclude with a cool-down and series of stretches.

Circuit

Increase your strength and aerobic fitness with our circuit training class. This class targets aerobic fitness and muscular endurance simultaneously. Circuit will utilize a wide variety of light resistance equipment, body weight exercises and adjustable step risers.

Core and Stretch

This functional fitness class will use a combination of core, balance and yoga inspired flexibility movements. Participants will leave class with the confidence and energy needed to take on life's daily challenges. This class is appropriate for all fitness levels.

Spin

Join us for an exhilarating fat-burning indoor cycling workout. Our instructor guides participants through a variety of workout phases including warm-up, up-tempo cadences, sprints, climbs and cool down. Participants adjust their own intensity on the bike making it appropriate for all fitness levels.

Spin-N-Sculpt

This versatile workout includes our traditional Spin group cycle class followed by a combination of different aerobic resistance training exercises designed to target your upper body and core.

Yoga

Focusing on movement corresponding with breath, participants perform a series of poses to improve strength and balance, as well as reduce stress and tension within the body. Using modified poses, yoga is appropriate for all fitness levels.

Zumba

A group fitness class that fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic, fun workout.