

Group Exercise Schedule FALL 2024

Effective as of Sept 3, 2024 (replaces 6/16/24)

Time:	Mon	Tues	Weds	Thurs	Fri
6:00am	Yoga Sculpt (55) Heather A	Cycling (55) Cathy B		Cycling (55) Howard B	Barre (55) Heather C
7:00am	TPI GOLF (55) Dr. Jay A \$\$		Functional Pilates (55) Karen G. C		TPI GOLF (55) Dr. Jay A \$\$
7:15am		Muscle Mix (55) Cathy A		Muscle Mix (55) Cathy A	
8:00am	Functional Pilates (55) Karen G. C		Lean Stronger (55) Cathy A		
	Sets n Reps (55) Jason A		Beyond Barre (55) Marcella C		
8:15am				P90X (45) Bridget A	Mat Pilates (55) Molly C
8:30am		Stretch (30) Monica B. C		Stretch (30) Monica B. C	
9:00am	Yoga (55) Ashley C	YOGA (55) Suzi C		Yoga (55) Heather C	Yoga (55) Michelle A
	Cycle Camp (55) Jody B	Torture Time (55) Theresa A	Cycle Camp (55) Jody B	Sets n Reps (55) Theresa A	Cycling (55) Theresa B
9:30am		Turf Circuits (55) Jody Turf			Turf Circuits (55) Jody Turf
10:15am	Tone it Out! (45) Jenn A		Tone it Out! (45) Jenn Turf		
		3 in 1 Fitness (55) Linda C	Chair Yoga (55) Kim OBrien C	Begin To Spin (55) Linda B	Chair Yoga (45) Corinne P. C
10:30am			Functional Training Maryfran (55) A		Functional Training Maryfran (55) A
11:00am	BOOTY & ab BAND (30) Jenn A		BOOTY & ab BAND (30) Jenn Turf		

5:00pm	ZUMBA! (55) Ashley A	Sets n Reps (55) Sandra A	
		Barre (55) Ashley C	
5:30pm	Cycle Camp (55) Cathy B		
6:00 pm			Mat Pilates (55) Cherry C
		YOGA (55) Michelle A	Turf Circuits (55) Jason Turf

WEEKEND CLASSES:

Time	Saturday	Sunday
7:00am	BEYOND BARRE (55) Marcella C	
8:00am	Cycling (55) Howard B	Cycling (55) Howard B
		P90X (45) Bridget A
9:00am	Kicks, Stix, Core & More (55) Jen S. A	Yoga (55) Michelle A
	Power Yoga (55) Sarah C	Kettlebells & Core (55) Jen S. Turf
10:00am	Kids Yoga(Ages 5+) Sarah (45) C	

Location:
A = Upstairs Studio
B = Cycling Studio
C = Downstairs Studio

YELLOW represents a NEW Class, new instructor or new class time
(# of minutes)
\$\$ = additional fee

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3 in 1 Fitness: Flexibility+Balance+Strength. Work at your own pace & learn techniques to care for your body. Use of bands & light weights will be used.

BARRE - A workout blending elements from ballet, Pilates, and yoga.

BOOTY (&ab) BAND - Using resistance bands to activate your glutes and hips through lower body exercises. Focus on legs, glutes, hips & abs to develop a muscular, rounded shape.

BEYOND BARRE A mash-up of Mat Pilates & Strength training with a prominent Barre focus! This class will keep your body guessing and your muscles working with light weights!

CYCLING Reduce your body fat, lose weight, improve aerobic fitness, relieve stress...and have fun while pedaling to music!

CYCLE CAMP 30/30 cycling & strength bootcamp class! We will spin for 30-min then head into the Mind/Body studio for 30-minutes of nonstop strength training!

KETTLEBELLS & CORE: A mix of kettlebell strength exercises & core-specific work w/a solid pre & post stretch. Find out how much fun kettlebells can be in this 45-minute express class!

KICKS, STIX CORE & MORE! A mixture of cardio, weights, kickboxing & core exercises. A truly blended workout, using weights & Fit Stix for arms & legs w/ an extra focus on abs.

LEAN STRONGER; Build lean muscle & strength while improving body composition. Although this class is for all fitness levels, it will challenge everyone to push themselves to new levels.

FUNCTIONAL PILATES; Apply principle of Pilates and breath in execution of multiplanar, functional patterns of movements.

FUNCTIONAL TRAINING: Specific movements which apply to one's daily activities using dumbbells, strength bands, medicine balls to exercise through multiple planes of motion.

MEDITATION: Gentle movements to relax the body, mantra and breathing exercises to focus the mind, and guided present moment awareness during this peaceful class.

MUSCLE MIX: A total body "mix" workout for all!. High rep/light weights for endurance & low rep/heavier weights for increasing strength! Good-bye stubborn fat.....hello abs!

POWER YOGA: An all-level Vinyasa flow class moving through fast-paced traditional yoga poses and creative sun salutations fueled by music. The focus is on strength, mobility, breathwork & meditation.

P90X: HIIT training! A combo of resistance training, cardiovascular & flexibility training at a high intensity level

SETS & REPS; This workout challenges all of your major muscle groups by using weights. Different format each class, (Tabata, counted sets, ladders) & always a great strength class!

TONE IT OUT: Total Body! Choreographed to music to keep the workout fun & the mind distracted. Intense cardio busts then high reps w/light weighs to help tone the entire body.

TORTURE TIME: Anything goes in this total body non-stop workout including resistance training, intense cardio, endurance, agility and core. Get it all in one hour!

Turf Circuits; HIIT Training on the Turf! Try out our turf equipment and test your endurance with this fast paced circuit-style class, working cardio & full body strength throughout!

YOGA: A classic yoga class where the movements are connected to each other in a flowing manner, and linking movement with the breath is a primary focus. All levels welcome.

YOGA SCULPT: Incorporates hand weights & fast-paced Yoga poses; a max calorie-burner!

YOGA w/Chair Assist: Traditional yoga postures are practiced in both a sitting and standing position. Build & maintain strength, range of motion, flexibility & balance.

Zumba® is an interval-style dance fitness party that combines low-intensity and high-intensity moves. You'll burn lots of calories as you move to the rhythm!