

Group Exercise Schedule **WINTER 2025**

Effective as of Jan 2, 2025 (replaces 11/7/24)

<u>Time:</u>	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
6:00am	Yoga Sculpt (55) Molly A	Cycling (55) Cathy B		Cycling (55) Howard B	
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				
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	Gentle Yoga (55) Erin C	YOGA (55) Suzi C	Beyond Barre (55) Marcella C	Yoga (55) Connie 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			
9:45am					Turf Circuits (55) Jody Turf
10:15am	Tone it Out! (45) Jenn A		BOXING (45) Joe Turf	Tone it Out! (45) Jenn A	
		3 in 1 Fitness (55) Linda C	Chair Yoga (55) Kim OBrien C	Begin to Cycle Camp Linda (55) B	Chair Yoga (45) Corinne P. C
10:30am			Functional Training Maryfran (55) A		Functional Training Maryfran (55) A
11:00am	BOOTY & Ab BANDS (30) Jenn A			BOOTY & Ab BANDS (30) Jenn A	

5:00pm	ZUMBA! (55) Gloria A	Sets n Reps (55) Sandra A	BarreBouncing (45) Karen P. C
5:30pm	Cycling (55) Missy B		
6:00 pm		BOXING! (45) Joe Turf	Mat Pilates (55) Cherry C
		YOGA (55) Michelle A	Turf Circuits (55) Jason Turf

WEEKEND CLASSES:

<u>Time</u>	<u>Saturday</u>	<u>Sunday</u>
7:00am	BEYOND BARRE (55) Marcella C	
8:00am	Cycling (55) Howard B	Cycling (55) Howard B
	Cardio Step (55) Cathy A	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

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. Light weights used.

BEGIN TO CYCLE CAMP 30min of easy, gentle cycling in the spin studio then 30min of strength training on the Turf using light weights and / or bands. Work at your own pace.

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.

BOXING; Head to the Turf w/your gloves (we do have some to borrow if you do not have any) & learn some basic punches/kicks & skills. Partner up & be ready to “gently” fight!

BEYOND BARRE Barre and Rebounding! Intervals of cardio & strength, targeting aerobic & anaerobic energy systems! Class will wrap up w/focus on core and flexibility.

CARDIO STEP choreographed cardio utilizing a raised platform ("step") to perform various stepping movements, targeting leg muscles and elevating your heart rate through a combo of moves all while incorporating arm movements for added intensity

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

CYCLE CAMP 30/30 cycling & strength bootcamp class! We will spin for 30-min then head to the Turf for 30-minutes of nonstop strength training, focusing on core & upper body

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.

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! Combo of resistance training, cardio & 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 weights 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!