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| **Time:** | **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** |
| 6:00am | Yoga Sculpt (55) Molly A | Cycling (55) Cathy B |  | Cycling (55) Howard B | BarreBounding (55)  Karen P. 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 |  |  |  |  |
| 8:15am |  | P90X (45)  Bridget A |  | 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) Melissa 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 |  |  | **9:45!!** Turf Circuits Jody (55) 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 |  |
| Noon |  |  | Yoga for Lunch (55) Melissa A |  |  |
| **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** | | | | | |
| 5:00pm | ZUMBA! (55) Gloria A | Sets n Reps (55) Sandra A |  |
| 5:30pm | Cycling (55) Missy B |  |  |
| 6:00 pm | Yoga (55) Connie C | BOXING! (45)  Joe Turf | Mat Pilates (55)  Cherry C |
|  | YOGA (55) Michelle A | Turf Circuits (55) Jason Turf |

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| **WEEKEND CLASSES:** | | |
| **Time** | **Saturday** | **Sunday** |
| 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 |
| **KIDS Classes!**  **(ages 5+ 45-min)** | **9:15 Fitness Fun w/Ruth Turf   10am Kids Yoga w/Sarah C** | **(Fitness Fun w/Ruth will end on 5/10)** |

**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 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 yogaclass 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!