Group Exercise Schedule FALL 2026

Effective as of November 12th (replaces 10/8/26)

Time:	Mon	Tues	Weds	Thurs	Fri
6:00am	Yoga Sculpt (55) Molly A			Cycling (55) Howard B	
6:30am		Cycling (55) Howard B			
7:00am	TPI GOLF (55) Dr. Jay A $$	Mat Pilates (45) Emily C. C	Functional Mat Pilates (55) Karen C		TPI GOLF (55) Dr. Jay A $$
					Rise & Radiate (Yoga) Sarah B. (55) C
7:15am		Muscle Mix (55) Cathy A	Lean Stronger (55) Cathy A	Muscle Mix (55) Cathy A	
8:00am	Sets n Reps (55) Jason A				
	Functional Mat Pilates (55) Karen C				
8:15am		Hybrid Strength(45) Bridget A	Muscle Mix (55) Cathy A	Hybrid Strength (45) Bridget A	Mat Pilates (55) Molly C
8:30am		Stretch (30) Monica B. C		Stretch (30) Monica B. C	
9:00am	45-min Cycling (45) Jody B	YOGA (55) Suzi C	45-min Cycling (45) Laura R. B	Barre (55) Jenn C. C	Cycling Intervals (55) Theresa B
	Functional Training Connie (55) A				
	Barre (55) Jenn C				Yoga (55) Michelle A
9:15am		HIIT MUSCLE (55) Theresa A	Beyond Barre (55) Marcella C	Sets n Reps (55) Theresa A	
9:30am		Turf Circuits (55) Jody Turf	Tone it Out! (45) Jenn C. A		9:45am Turf Circuits Jody (55) Turf
10:15am	Tone it Out! (45) Jenn A	3 in 1 Fitness (55) Linda 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
			Chair Yoga Fitness (55) Kim OBrien C		
Noon			Lunchtime Yoga (55) Michelle (A)		
5:00pm	ZUMBA! (55) Gloria A				
6:00 pm	Hybrid Strength (55) Sara A	Thai Boxing Joe (45) Turf	Yoga Flow (55) Janet G. C	Gentle Yoga (55) Connie 6pm C	
		YOGA (55) Michelle A	Turf Circuits (55) Jason Turf		

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

Yellow represents a NEW class or time

The # in parenthesis is the # of minutes
$$ = Golf has an additional fee

WEEKEND CLASSES:

Time/Day	7:00am	8:00am	8:30am	9:00am
Saturday	BEYOND BARRE w/Marcella (55) C	Cycling w/Howard (55) B		Kick It! w/Jen (55) A
		Cardio Step w/Cathy (55) A	Yoga w/Heather (55) C	
Sunday		Cycling w/Laura (55) B		Yoga w/Michelle (55) A
		Hybrid Strength Bridget (45) A		Kettlebells & Core Jen (55) TURF

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.
BEYOND BARRE Traditional Barre class w/Intervals of cardio & strength, targeting aerobic & anaerobic energy systems! Class will wrap up w/focus on core and flexibility.
BUTTS & GUTS Activate your glutes and hips through lower body exercises & strengthen your core w/many different body weight & dumbbell exercises.
CARDIO STEP choreographed cardio utilizing a raised platform ("step") to perform various movements; work leg muscles /elevate your heart rate through a combo of moves
CHAIR YOGA; yoga postures are practiced in both a sitting and standing position. Build & maintain strength, range of motion, flexibility & balance. Weights may be incorporated now & then.
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
CYCLING INTERVALS: Stay in the Spin Studio & work on and off the bike, strength & cardio!
FUNCTIONAL MAT PILATES: Functional pattern pilates including hinges, pronation, supination, hip shifts all done on the mat.
FUNCTIONAL TRAINING: Specific movements which apply to one's daily activities using dumbbells, strength bands, medicine balls to exercise through multiple planes of motion.
GENTLE YOGA: Slower paced yoga class, great for flexibility & gradually strength gains
HIIT MUSCLE: Main focus on strength training w/cardio sprinkled in. High Intensity Intervals.
HYBRID STRENGTH; Combo of resistance weight training & cardio at a high intensity level
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!
KICK IT! High energy dance-based cardio class incorporating martial arts kicks & punches!
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.
MAT PILATES; Focus is on core strength, flexibility, and body awareness, all performed on a mat. Working w/breath to strengthen the body from the inside out
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.
RISE & RADIATE: Yoga. Challenging strength sequences, advanced poses, inversions & and energy clearing savasana. Modifications are offered, but this class is geared towards experienced practitioners.
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!
THAI BOXING In this high energy - low impact class you will use Muay Thai techniques; punches, kicks, knees & elbows on the heavy bags and partner drills. Gloves /shin pads if you have them.
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.
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.
YOGA SCULPT: Incorporates hand weights & fast-paced Yoga poses; a max calorie-burner!
ZUMBA® is an interval-style dance fitness party that combines low-intensity and high-intensity moves.