



Group Workout Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Sculpting	Cycling	Sculpting	Cycling	Sculpting	
8:00 AM	Zumba	Piloxing	Cycling	Zumba	Piloxing	
9:00 AM	20/20/20	Cardio Sculpt	20/20/20	Cardio Sculpt	20/20/20	Cycling
10:00 AM	Yoga	Silver Sneakers MSROM	Yoga	Silver Sneakers MSROM	Yoga	Cardio Sculpt
5:30 PM	Bootcamp	Sculpting	Bootcamp	Sculpting		
6:15 PM	Piloxing	Cycling	Zumba	Cycling		
7:00 PM	Spinlates	Zumba	Spinlates	Piloxing		

CUSTOMIZED GROUP CLASSES

[C] CARDIO – Dig into your target area whether your goals are to increase your cardiovascular strength, burn fat or both.

[M] MIND – Lengthen & Strengthen your body using your own body weight and breathing techniques.

[S] STRENGTH – Gain muscle strength through strategic movements targeting specific muscles groups.

[Take on Non-Consecutive Days]

[T] TONING – Get the lean muscle definition that you desire by elongating your muscles using your body & light weight.

20/20/20 [CSM] – The perfect class where your hour workout is divided into (3) 20 minute segments focusing on cardio, strength training, core stabilization and yoga.

Bootcamp [CT] – A high intensity interval class combining cardio, strength & core during invigorating circuits.

Cardio Sculpt [CT] – Make your body leaner with this combination cardio and sculpting class!

Cycling [C] – An indoor cycling class consisting of a variety of speeds, resistance levels and intensities targeted to raising your heart rate and toning your body. This powerful class focuses on cardiovascular conditioning, burning calories and increasing endurance.

Piloxing [CT] – Uniquely mixes Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape, using a class format that's both fun and challenging.

Sculpting [ST] – Need an overall body tone? This is the perfect class for you! A sculpting class at its best that works on toning your overall body! No matter what your trouble zone may be we will help you sculpt it away!

SilverSneakers® Muscular Strength & Range of Movement [MSROM] [CTM] – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Spinlates [CTM] – This class combines Cycling with Pilates. It will consist of a cycling workout followed by phenomenal Pilates exercises that focus on lengthening your abdominal and leg muscles.

Yoga [MT] – Strength training combined with relaxation seems unheard of, but not in this class where meditation and endurance come together to create a tranquil experience you will not want to miss!

Zumba [CT] – Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.