



Fitness Class Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat
6-6:50 am	Full Body Fit		Full Body Fit			
7-7:50 am	Strength & Conditioning	HIIT	Strength & Conditioning	HIIT	Strength & Conditioning	
8-8:50 am	TRX Sculpt	Power Yoga TRX Sculpt	TRX Sculpt	Power Yoga TRX Sculpt	HIIT	Spin
8:30-9:20 am	Boot Camp		Functional Fitness		Boot Camp	
9-9:50 am	Spin Body Sculpt	Step & Strength Mat Pilates	Spin Body Sculpt	Step & Strength Mat Pilates	Spin Body Sculpt	Pilates Circuit
10-10:50 am	Pilates Fusion	Yoga Body Rhythm Ride	Pilates Fusion	Yoga Body Rhythm Ride	Pilates Fusion	Power Yoga
11-12 pm	Flow Yoga		Flow Yoga		Flow Yoga	
5-5:50 pm		Strength & Conditioning	Rhythm Ride	Strength & Conditioning		

Boot Camp: A full-body workout combining cardiovascular interval training, high-intensity exercises, and strength-training moves for the ultimate aerobic and anaerobic challenge! Modifications possible for any level.

Body Sculpt: A total body workout designed to improve muscle tone, bone density, balance and mood! Emphasis is on good form and proper movement utilizing light weights and moderate resistance. Suitable for all levels.

Flow Yoga: This class offers graceful asana sequences to improve flexibility, posture and balance. While using the breath to calm the body and mind to be present, setting an intention, all benefits that extend to life beyond the mat. Wonderful for golfers and tennis player's focus and range of movement. Suitable for all levels.

Full Body Fit: Every class will vary through a combination of circuit training, HIIT (High Intensity Interval Training), strength training, bodyweight exercises, resistance training and plyometrics for a full-body workout! All levels welcome.

Functional Fitness: This functional fitness class focuses on developing proper movement patterns and stability to awaken underutilized muscles. Suitable for all levels

HIIT: This efficient, rigorous full-body workout features interval training with high-intensity exercises to build cardiovascular fitness, while improving muscular strength and endurance! Get ready to torch calories, burn fat, and achieve that "afterburn" effect for hours after you're done! Modifications possible for any level.

Mat Pilates: Increase your strength and flexibility as you flow through a series of dynamic movements that restore balance to all muscle groups. This classic Pilates class will increase core strength while sculpting long lean muscles with the use of light weights, small balls, resistance bands and Magic rings. Suitable for all levels.

Pilates Circuit: Challenges students to use the alignment and techniques of Pilates integration while moving more quickly in traditional exercise activities. With a variety of stations set up, no muscle will be left untouched! Small weighted balls, stability balls, gliders and resistance bands keep the workout challenging and fun. All levels welcome.

Pilates Fusion: This class is a workout focusing on core strength, flexibility and total body conditioning fused with cardio and body sculpting exercises, designed to make you sweat. Suitable for all levels.

Power Yoga: A powerful Vinyasa flow style yoga that develops strength, stamina and flexibility with an emphasis on breath to movement. This total body workout class will improve your focus and all over balance. Suitable for all levels.

Rhythm Ride: This class is a high energy class blending cycling techniques with upbeat music to energize and inspire! RR class matches speed and climbing intervals the beat of the music for a sweaty good time. Suitable for all levels.

Spin: This high-energy cycling class is a fun and heart-pounding cardio workout great for all ages and fitness levels! Featuring upbeat, motivating music, a mixture of endurance, climbs, and interval drills are utilized to optimize fat burn and muscle toning. Suitable for all levels.

Strength & Conditioning: A full-body workout that burns calories after you leave the studio! Incorporating dynamic movements to push your limits, dumbbells, medicine balls, and varied intervals to develop cardiovascular conditioning and functional strength. Suitable for all levels.

Step & Strength: A full-body workout where compound movements are incorporated with dumbbells and a step bench.

TRX Sculpt: Increase endurance, improve flexibility, build strength, and develop core strength in this total-body workout with the TRX suspension trainer. Suitable for all levels.

Yoga Body: This class works the body in a way that lengthens and tones muscles. Combining the use of breath to cleanse, twists to eliminate toxins, abdominal work to strengthen posture and long holds to improve balance, this class is perfect for yogis of all levels.