



Class Key: Fitness Mind/Body Spin Pool

M	T	W	Th	F	Sa
Chair Yoga 7:15 AM ⌚45 Laura	HIT High Intense Training 7 AM ⌚45 Reiny	Chair Yoga 7:15 AM ⌚45 Laura	HIT High Intense Training 7 AM ⌚45 Reiny	Strength & Conditioning 9 AM ⌚45 Evelyn	↑beat BARRE 8:30 AM ⌚55 Courtney
Strength & Conditioning 9 AM ⌚45 Evelyn	LES MILLS BODYPUMP 8:15 AM ⌚60 Stella	Strength & Conditioning 9 AM ⌚45 Evelyn	LES MILLS BODYPUMP 8:15 AM ⌚60 Stella	Aqua Locomotion 10 AM ⌚45 Andrew	Tone Hip-Hop 9 AM ⌚55 Nicki
Aqua Locomotion 10 AM ⌚45 Andrew	Tone Hip-Hop 9 AM ⌚55 Nicki	Aqua Locomotion 10 AM ⌚45 Andrew	REFIT REVOLUTION 9:45 AM ⌚45 Jen	Yoga 10 AM ⌚45 Stella	LES MILLS BODYPUMP 9:30 AM ⌚60 Stella
Yoga 10 AM ⌚45 Stella	aqua ZUMBA 10 AM ⌚55 Nicki	Yoga 10 AM ⌚45 Stella	Tai Chi 10:45 AM ⌚105 Curt	Yoga 12 PM ⌚45 Katie	aqua ZUMBA 10 AM ⌚55 Nicki
ZUMBA 11 AM ⌚55 Nicki	REFIT REVOLUTION 9:45 AM ⌚45 Jen	ZUMBA 11 AM ⌚55 Nicki	HIT High Intense Training 11 AM ⌚45 Reiny		Gentle Yoga 12 PM ⌚55 Tina
Yoga 12 PM ⌚45 Katie	Tai Chi 10:45 AM ⌚105 Curt	Yoga 12 PM ⌚45 Katie	REFIT REVOLUTION 5 PM ⌚55 Kellie		
Hybrid Pilates 4 PM ⌚45 Katie	HIT High Intense Training 11 AM ⌚45 Reiny	Hybrid Pilates 4 PM ⌚45 Katie	REV+Flow 6 PM ⌚45 Kellie		
REFIT REVOLUTION 5:30 PM ⌚45 Jen	ZUMBA 5:30 PM ⌚55 Cheryl	ZUMBA 5:30 PM ⌚55 Angie	Fit Camp 6:50 PM ⌚60 Coach Q		
ZUMBA 5:30 PM ⌚55 Angie	Gentle Yoga 5:30 PM ⌚55 Tina	Hatha Yoga 6:30 PM ⌚45 Laura			
Group Cycling 5:30 PM ⌚55 Trudi	Fit Camp 6:50 PM ⌚60 Coach Q	Fit Camp 6:50 PM ⌚60 Coach Q			
Hatha Yoga 6:30 PM ⌚45 Laura					



Fitness

Strength & Conditioning

STRENGTH & CONDITIONING is a full body workout that will assist you in becoming the best version of yourself. This class will challenge you by utilizing weights and stretches to build muscle and burn fat.



REFIT is a cardio dance fitness workout with toning components set to popular music. REFIT focuses on using music and movements in a value-positive way.



REV+FLOW by REFIT utilizes low impact, high intensity movement that strengthens bodies and sculpts muscles through targeted movement and resistance training.



ZUMBA is a high energy aerobic dance class inspired by Latin beats that include both fat burning and muscle toning in a fun atmosphere. Sing along and enjoy the party!



HIGH INTENSE TRAINING is a high impact series of functional movements, constantly varied to increase the maximum heart rate.



LES MILLS BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Release stress, have a blast and feel like a champ.



UPBEAT BARRE is hybrid workout combining ballet inspired moves with elements of Pilates, dance, yoga and strength training using classic dance moves such as plies, alongside static stretches.



LES MILLS BODYPUMP is a barbell workout using light to moderate weights and high reps to get you lean and toned. Build strength and burn calories while getting fitter faster.



TONE HIP-HOP is a combination of dance fitness, cardio, toning with weights, and floor work set to Hip-Hop, Rap, and R&B music. No experience needed. All fitness levels are welcome.

Fit Camp

Fit Camp focuses on proper form and controlled movements that challenge all muscle groups. Strength training, resistance, and bodyweight are combined in this workout. All fitness levels are welcome.

Mind/Body

Chair Yoga

CHAIR YOGA is a gentle form of yoga that can be done sitting in a chair or standing on the ground while using the chair for support. This class is great for improving flexibility and balance!

Tai Chi

TAI CHI is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. These movements create balance and harmony between mind and body.

Yoga

YOGA emphasizes strength, balance and flexibility. Stretch and strengthen your body using breathing techniques to achieve relaxation.

Hatha Yoga

HATHA YOGA uses physical techniques to balance the sun and moon energies in the body. The word Hatha means 'force' in Sanskrit. Hatha Yoga involves poses and breathing techniques practiced slowly with more static holds.

Hybrid Pilates

HYBRID PILATES combines elements of Pilates, Power Yoga, and Barre. This class is designed to help build deep core strength, sculpt muscles, improve posture and balance in a low impact setting.

Pool

Aqua Locomotion

AQUA LOCOMOTION is a water workout in the lap pool. It helps participants build strength while increasing mobility with a light intensity workout.



AQUA ZUMBA blends the Zumba® philosophy with water resistance. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Spin

Group Cycling

GROUP CYCLING burns a ton of calories simulating different terrains, such as hills, sprints, flats, jumps, and recoveries, to improve endurance and lower body strength.