

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 am	<b>Power Low</b> 6:00 - 7:00 <i>Jo</i> <b>Spinning</b> 6:00 - 7:00 <i>Tony</i>	<b>Spinning</b> 6:00 - 7:00 <i>Michelle</i>	<b>Cardio Sculpt</b> 6:00 - 7:00 <i>Connie</i> <b>Spinning</b> 6:00 - 7:00 <i>Sheri</i>	<b>Spinning</b> 6:00 - 7:00 <i>Michelle</i>	<b>Pure Muscle</b> 6:00 - 7:00 <i>Mare</i>	<b>Spinning</b> 6:45 - 7:50 <i>Stuart</i>	
7:00 am	<b>Stretch</b> 7:15 - 8:15 <i>Janis</i>	<b>Flow Yoga II, III</b> 7:00 - 8:00 <i>Jennifer</i>	<b>Stretch</b> 7:15 - 8:15 <i>Janis</i>	<b>Flow Yoga II, III</b> 7:00 - 8:00 <i>Valerie</i>	<b>Spinning</b> 7:00 - 8:00 <i>Kerri</i> <b>Stretch</b> 7:15 - 8:15 <i>Janis</i>		
8:00 am	<b>Pilates Mat</b> 8:00 - 9:00 <i>Debroah</i> <b>Body Pump</b> 8:15 - 9:15 <i>Anne</i>	<b>Functional Fitness</b> 8:00 - 9:00 <i>Sara</i> <b>Stretch</b> <b>Backcare</b> 8:15 - 9:00 <i>Connie</i>	<b>Core/Stretch</b> 8:00 - 9:00 <i>Shanna</i> <b>Spinning</b> 8:00 - 9:00 <i>Tony</i>	<b>Pilates Mat</b> 8:00 - 8:30 <i>Deborah</i> <b>Stretch</b> <b>Backcare</b> 8:15 - 9:00 <i>Lorrel</i> <b>Body Conditioning</b> 8:30 - 9:30 <i>Debroah</i>	<b>Pilates Mat</b> 8:00 - 9:00 <i>Debroah</i> <b>Body Conditioning</b> 8:15 - 9:15 <i>Kerri</i>	<b>Functional Fitness</b> 8:00 - 9:00 <i>Michelle</i> <b>Pure Muscle</b> 8:00 - 9:00 <i>Mare</i>	<b>Spinning</b> 8:00 - 9:00 <i>Guiespe</i> <b>Power Low</b> 8:30 - 9:30 <i>Janis</i>
9:00 am	<b>Stretch</b> 9:00 - 10:00 <i>Connie</i> <b>R.I.P.P.E.D</b> 9:30 - 10:30 <i>Kerri</i>	<b>Adult Fitness</b> 9:00 - 10:00 <i>Connie</i> <b>Body Conditioning</b> 9:30 - 10:30 <i>Penny</i>	<b>Stretch</b> 9:00 - 10:00 <i>Connie</i> <b>Cardio Barre &amp; Tone</b> 9:30 - 10:30 <i>Shanna</i>	<b>Cardio-Sculpt</b> 9:40 - 10:40 <i>Julie</i>	<b>Adult Fitness</b> 9:00 - 10:00 <i>Connie</i> <b>Cardio Kickboxing</b> 9:30 - 10:30 <i>Debroah</i>	<b>Stretch Backcare</b> 9:00 - 10:00 <i>Connie</i> <b>Spinning</b> 9:30 - 10:30 <i>Shawndee</i>	<b>Cardio KickBoxing</b> 9:30 - 10:30 <i>Shanna</i>
10:00 am	<b>Adult Fitness</b> 10:00 - 11:00 <i>Connie</i> <b>Body Conditioning</b> 10:45 - 12:00 <i>Penny</i>	<b>Yoga I</b> 10:00 - 11:00 <i>Danny</i>		<b>Yoga I</b> 10:00 - 11:00 <i>Valerie</i>	<b>Abs/Core Workout</b> 10:30 - 11:00 <i>Debroah</i> <b>Flow Yoga</b> 10:30 - 11:30 <i>Mary</i>	<b>Yoga I, II</b> 10:00 - 11:00 <i>Mike D</i>	<b>Yoga</b> 10:00 - 11:00 <i>Valerie/Mary</i> <b>Body Pump</b> 10:30 - 11:30 <i>Emily</i>
11:00 am	<b>Flow Yoga</b> 11:00 - 12:00 <i>Mike D</i>	<b>Ballet</b> 11:00 - 12:00 <i>Maggie</i> <b>Spinning</b> 11:00 - 12:00 <i>Jesse</i>	<b>Flow Yoga I, II</b> 11:00 - 12:00 <i>Phillip</i>	<b>Ballet</b> 11:00 - 12:00 <i>Maggie</i> <b>Spinning</b> 11:00 - 12:00 <i>Tony</i>	<b>Spinning</b> 11:00 - 12:00 <i>Tony</i>	<b>Extreme Legs</b> 11:00 - 12:00 <i>Julie</i>	
12:00 pm	<b>Spinning</b> 12:00 - 1:00 <i>Teri</i> <b>Advance Pilates</b> 12:10 - 1:10 <i>Cassy</i>	<b>Boot Camp</b> 12:15 - 1:15 <i>Brandy</i> <b>Extreme Legs</b> 12:15 - 1:15 <i>Maggie</i>	<b>Advanced Pilates</b> 12:10 - 1:10 <i>Cassy</i>	<b>Boot Camp</b> 12:15 - 1:15 (B) <i>Josh</i> <b>Extreme Legs</b> 12:15 - 1:15 <i>Maggie</i>			
1:00 pm						<b>Jiu-Jitsu/Fee\$\$\$</b> 1:00 - 3:00 <i>Clark</i>	
2:00 pm	<b>Jiu-Jitsu \$\$</b> 2:00 - 4:00 <i>Clarke</i>	<b>Jiu-Jitsu \$\$</b> 2:00 - 5:00 <i>Clarke</i>	<b>Jiu-Jitsu \$\$</b> 2:00 - 4:00 <i>Clarke</i>	<b>Jiu-Jitsu \$\$</b> 2:00 - 3:45 <i>Clarke</i>			
4:00 pm	<b>Body Conditioning</b> 4:15 - 5:15 <i>Shanna</i> <b>Kid's Jiu-jitsu \$\$</b> 4:15 - 5:00 <i>Alan</i>	<b>Spin / Sculpt</b> 4:15 - 5:30 <i>Trish</i>	<b>Body Conditioning</b> 4:15 - 5:15 <i>Kerri</i> <b>Kid's Jiu-Jitsu \$\$</b> 4:15 - 5:00 <i>Alan</i>	<b>Pilates Mat</b> 4:00 - 5:00 <i>Myriah</i> <b>R.I.P.P.E.D</b> 4:00 - 5:00 <i>Kerri</i>	<b>Body Pump</b> 4:30 - 5:30 <i>Mare</i>		
5:00 pm	<b>Structure Spinning</b> 5:30 - 6:30 <i>Emilio</i> <b>Yoga II, III</b> 5:30 - 6:45 <i>Steve</i>	<b>Stretch</b> 5:00 - 5:30 <i>Carl</i> <b>Cardio Barre &amp; Tone</b> 5:30 - 6:20 <i>Shanna</i> <b>Yoga I, II, III</b> 5:30 - 6:30 <i>David</i>	<b>Flow Yoga 11,111</b> 5:30 - 6:45 <i>Gerhard</i> <b>Structure Spinning</b> 5:30 - 6:30 <i>Emilio</i>	<b>Pure Muscle</b> 5:00 - 6:00 <i>Mare</i> <b>Stretch</b> 5:00 - 5:30 <i>Courtney</i> <b>Flow Yoga</b> 5:30 - 6:30 <i>Courtney</i>	<b>Yoga</b> 5:00 - 6:15 <i>Mary</i>		
6:00 pm		<b>Spinning</b> 6:30 - 7:30 <i>Jesse</i>		<b>Spinning</b> 6:00 - 7:00 <i>Sheri</i>			
7:00 pm	<b>Jiu-Jitsu/Fee\$\$\$</b> 7:00 - 8:30 <i>Clark</i>	<b>Jiu-Jitsu/Fee\$\$</b> 7:00 - 8:30 <i>Clark</i>	<b>Jiu-Jitsu/Fee\$\$\$</b> 7:00 - 8:30 <i>Clark</i>	<b>Jiu-Jitsu?Fee\$\$\$</b> 7:00 - 8:30 <i>Clark</i>	<b>Jiu-Jitsu\$\$</b> 7:00 - 8:00 <i>Clark</i>		

**Adult Fitness:** This class will introduce you to low-impact and toning exercises. A great way to get started with a workout program.

**Astanga:** A dynamic or "power"-yoga class strengthening through a series of movement between poses.

**Ballet:** Classical Ballet for adults offering barre and center work.

**Body Conditioning:** Full body workout using hand held weights, body bars, balls, and your own body weight for resistance training. Abdominal and stretch exercises included.

**Body Flow:** This class is a combination of pilates moves, yoga, core strength and dance. This class is designed to make you feel longer and stronger, increasing flexibility and reducing stress. Shoes are optional.

**Boot Camp:** This bootcamp class is not for the faint of heart. It's a combination of sprints, plyometric drills, and strength training. It's a full body workout, using jump ropes, bands, weights and body bars.

**Cardio Circuit:** 100% fat burning! From low-impact to cardio-boxing for 45 mins. followed by body conditioning using bars, hand weights, and bands.

**Cardio Dance:** This class combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries, while sweating and burning calories. This class combines many dance styles, Latin, Salsa, and hip hop, to create a fun and energetic workout.

**Cardio Sculpt:** cardio includes low impact, high intensity choreography, using weights and a ball to strengthen your core for a full body workout.

**Cardio Kickboxing:** A cardiovascular workout using the basic techniques of kickboxing to develop overall endurance, conditioning and stamina.

**Conditioning w/Bosu Ball:** This class is 20 minutes cardio, 20 minutes conditioning, and 20 minutes of abs, all work is done on the Bosu Ball.

**Core Power:** This class is a total body workout using a variety of equipment, weights, bands, balls, and body bars, targeting abs and back. The class ends with a calming 20 min. stretch.

**Extreme Legs:** A patented strength and conditioning class targeting legs, glutes, and abs.

**Fat Burning Pilates Fusion:** This class is a high energy cardiovascular fusion of dance, balance, pilates and weight training. A total body workout all done in barefeet. You'll burn fat, develop long lean muscles, reshape your physique and sweat.

**Flow Yoga:** A combination of movement and static poses.

**Functional Fitness:** This is a Pilates based class also incorporating body conditioning moves using hand weights, and body bars and targeting core conditioning.

**Kickboxing:** A cardiovascular workout using boxing and karate techniques with the use of boxing gloves and punching bags.

**Legs/Abs:** This class targets the legs, using body bars and bands, and adds 15 minutes of hard core abs.

**One on one private yoga sessions** with certified yoga instructor, Jen Bleakley. Contact front desk for an appointment.

**Pilates Mat:** Floor exercises inspired by the work of Joseph Pilates that strengthen your body's core muscles. Pilates exercises develops strength, flexibility and endurance.

**Power Aerobics:** Light on choreography, heavy on low impact "power moves". It's non-stop cardio in this energetic workout, this class also uses hand weights and body bars to sculpt the body.

**Power Step:** A continuous cardiovascular workout using step moves with intervals of body conditioning, using weights and bands..

**Spinning:** Indoor-cycling program using every aspect of high-performance racing bicycle designed by Schwinn that's fully adjustable and stationary.

**Structure Spinning:** Indoor cycling class using every aspect of high-performance racing bicycle in a master class setting. This workout is designed to enhance your cycling through a charted and timed workout.

**Spin and Sculpt:** A combination of resistance and cardiovascular workout, alternating intervals between the bike and strength moves, using hand weights and body bars.

**Stretch:** A combination of dynamic and static stretching techniques to improve joint ranges of motion and muscle elasticity.

**Stretch and Backcare:** A combination of dynamic and static stretching to help strengthen the low-back and enhance flexibility.

**Yoga:** Develop strength, flexibility, and balance through held positions and poses. Levels of Yoga: Yoga I-beginning, Yoga II-intermediate, Yoga III advanced.

**Zumba:** This class is a fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fatburning and total body toning. It is a mixture of body sculpting movements with easy to flow dance steps.