

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 AM – 8 PM	5 AM – 8 PM	5 AM – 8 PM	5 AM – 8 PM	5 AM – 7 PM
	6:15 – 7:00 AM CARDIO & CORE Diane Holland			6:00 – 7:00 AM INTERVAL SHAPE & SCULPT Lynda Damon
11:00 – 11:45 AM HIIT the Core Ellen Price	12:00 – 12:45 PM RIPPED Angela Afanasenko	11:00-11:45 AM HIIT the Core Ellen Price	12:00-12:30 PM TASTE OF FITNESS Leslie Greer	12:00 – 12:45 PM TABATA CIRCUIT Justin Boyd
5:30 – 6:15 PM TABATA CIRCUIT Justin Boyd	5:30-6:30 PM TRX John Murnane	5:30 – 6:30 PM ZUMBA Danielle Gaylor	5:30 – 6:15 PM TABATA CIRCUIT Justin Boyd	

HIIT THE CORE – The vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together. All moves have modifications so it's challenging but achievable for your own level of fitness.

INSANITY – Insanity is a total body workout that requires no gym or equipment. The program is based on a fitness method called "max interval training." In traditional interval training, you exercise at a very intense pace for a short period of time, and then rest for longer periods in between. The idea is to increase your aerobic fitness level while burning fat.

INTERVAL SHAPE & SCULPT – The high-intensity workout that delivers results in a total-body approach combining strength and cardio intervals. The key is to limit rest time between moves to keep the heart rate up and calories burning fast! Plan to build strength and aerobic capacity all at the same time.

RIPPED – The one stop body shock fitness system is a total body workout that puts the FUN in FUNctional athletic based training. The formulaic combination of resistance, interval, power, plyometrics, endurance, and diet requires the body to respond to the constantly changing format within the session, offers ultimate results in minimal time, and with an evident emphasis on music, participants of all levels burn, build, and bulletproof their bodies with smiles and determination.

TABATA CIRCUIT – Tabata is one of the hottest trends to build muscle and scorch body fat. This circuit style class is a total-body program that incorporates strength training, cardio, core work and flexibility all in one workout. It challenges your entire body with high intensity, short duration exercises. Bursts of intense work will build muscle and scorch body fat.

TASTE OF FITNESS – This low intensity lunch time class is a perfect introduction or refresher for people looking to add resistance training to their fitness routine. Class will hit most major muscle groups, making it an efficient and comprehensive workout. Emphasis will be on learning proper form and technique, as well as exposure to different equipment and exercises.

TRX – Born in the Navy SEALs, suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. The TRX is a highly portable performance training tool that leverages gravity and the user's body weight to complete strong, focused movements in hundreds of different movements.

ZUMBA – We take the "work" out of workout, by mixing low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

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5 AM – 8 PM	5 AM – 8 PM	5 AM – 8 PM	5 AM – 8 PM	5 AM – 7 PM
		6:30 – 7:30 AM SUNRISE YOGA Chrissy Bythrow		6:30-7:45 AM POWER YOGA Zarla Ludin
12:00 –1:00 PM HOT YOGA Kerry Donnelly	12:00-12:45 PM PILATES Gerri Hanney	12:00 –12:45 PM PILATES Kerry Delahunt	12:00– 12:45 PM PILATES Gerri Hanney	12:30-1:30 PM PiYo Sam Cox
5:30 – 6:30 PM ZUMBA Angela Hoey	6:00 – 7:00 PM KIND YOGA Jennifer Bustin	5:30 – 6:30 PM EVERY BODY YOGA Laura Sorgi	6:30 – 7:30 PM HOT YOGA Kelley Abatiz	

EVERY BODY YOGA – An invigorating class for “everybody” that guides you through simple yet effective yoga postures to develop strength, flexibility, range of motion, breath awareness and a sense of peace and calmness. Perfect for beginners to intermediate Yogis-for everybody!

HATHA YOGA – Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

HOT YOGA – Hot yoga refers to yoga exercises performed under heated conditions. Often associated with the style devised by Bikram Choudhury, hot yoga is now used to describe any number of yoga styles that use heat to increase an individual's flexibility in the poses.

KIND YOGA – In Gentle Yoga, you take time to feel your body move. Breath and movement are pathways to keep the organs healthy and joints lubricated. This class will help you have a sound mind to dictate and nurture your body. This is a non-strenuous, minimalistic and restorative yoga.

PILATES – Emphasize the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. This class consists of mat exercises to develop core control and overall flexibility.

PiYo – PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

POWER YOGA –A fitness based approach to your traditional class. Focus on linking conscious breath with a vigorous and mindful flow. Build strength, flexibility and concentration while cleansing the body and calming the mind. Expect a great cardiovascular and strength building workout combined with breath work.

SUNRISE YOGA – Vinyasa, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. In vinyasa yoga, each movement is synchronized to a breath. Awaken your strength, energy, and flexibility in this fun atmosphere.