


January Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Bootcamp 5:15-6:00 CORE 6:00-6:15 Jane	Cycology 5:30-6:15 Sonya	Bootcamp 5:15-6:00 CORE 6:00-6:15 Lindsey	Cycology 5:30-6:15 Sherri	Bootcamp 5:15-6:00 CORE 6:00-6:15 Jane	 <p>Happy New Year! Thank you for your GENEROSITY with our toy drive! New Years Eve Morning classes ONLY New Years Day 9-10am BOOTCAMP *WEDNESDAY NIGHT SPIN CANCELLED*</p>		
	Challenge 7:45-8:30 Me MeLeah		Challenge 7:45-8:30 Telena				
CORE 8:15-8:30 Monday Mixup 8:30-9:15 Jaclyn	 8:30-9:15 CORE 9:15-9:30 Marabeth	BARRE CORE 8:15-8:30 Pulse Point Cardio Barre 8:30-9:15 Alecia	TRX Cardio Blast 8:30-9:15 CORE 9:15-9:30 Melodie	Leg Blast 8:15-9:00 Mike	Weekend Warrior 8:00-9:00 Schedule →	1 st &3 rd Saturday Telena 2 nd Saturday Jaclyn 4 th &5 th Saturday Rotating	
Pulse Point BARRE 9:15-10:00 Whitney	Yoga/Pilates Fusion 9:30-10:15 Sandy	Chisel 9:15-10:00 Melodie	Yoga 9:30-10:15 Melodie	Chisel 9:15-10:00 Laura Leigh	Yoga 9:00-10:00 1 st &3 rd Saturday Telena 2 nd , 4 th , &5 th Rotating		
Zumba 10:15-11:00 Whitney 		Zumba 10:15-11:00 Whitney 		Zumba 10:15-11:00 Whitney 	BARRE Every Saturday 10:00 Rotating	Cycology 2:00-3:00 Rotating	
Silver Sneakers 11:15-12:00 Melodie 		Silver Sneakers 11:15-12:00 Melodie 		Silver Sneakers 11:15-12:00 Alecia 			
Cardio Hip Hop 4:30-5:15 Marabeth	Kids Club 4:30-5:15 Martin Yoga 4:30-5:15 Telena	Yoga 4:30-5:15 Caroline	Kids Club 4:30-5:15 Regan  4:30-5:15 Marabeth	Gentle Yoga 4:30-5:15 Caroline	<div style="border: 2px solid purple; padding: 10px;"> <p>NEW GYM HOURS 24 HOURS THROUGH THE WEEK Open Monday at 5am Close Friday at 10pm Saturday 7:00am - 8:00pm Sunday 7:00am - 8:00pm</p> <p>CHILD CARE HOURS Mon./Wed./Fri. 8:00am-Noon & 4:00-8:00pm Tues./Thurs. 7:45am-Noon & 4:00-8:00pm Saturday 8:00am - Noon Sunday 1:00pm - 4:00pm</p> </div>		
CORE&BUTT 5:20-5:35 Marabeth	CORE 5:20-5:35 Telena	CORE 5:20-5:35 Laura Leigh	CORE 5:20-5:35 Alecia				
Pulse Point BARRE 5:35-6:20 Marabeth Advanced Cycology 5:35-6:20 Regan	Tuesday Tossup 5:35-6:20 Kim Cycology 5:35-6:20 Rotating Challenge 5:35-6:20 Jaclyn	Chisel 5:35-6:20 Laura Leigh	Steppin' Up 5:35-6:20 Alecia Cycology 5:35-6:20 Regan Boot Camp 5:35-6:20 Jaclyn/Kim				
Yoga 6:20-7:05 Sandy					<div style="background-color: black; color: white; padding: 5px; text-align: center;"> ALL CLASSES ONLY \$5 DROP IN FEE PER CLASS!! Bring a friend! </div>		

Bootcamp: This hard hitting workout will challenge every muscle in your body! This class combines advanced strength and toning moves with cardio intervals to rev up your workout. This class meets in the gym and is a great option for the person looking to add more to their workouts.

Cardio Hip Hop: Come dance with us to the latest hip hop and pop songs out there. This is a high intensity class that offers a great cardio workout with toning worked into each song as well. The most fun you'll have doing cardio!

Challenge: An advanced high intensity full body workout! Class includes agility and plyometric drills, hurdles, tires, sledgehammers, and more. Push yourself to the Next level!

Chisel: 45 minutes of total body toning! This class uses a variety of methods to sculpt and firm every muscle. Participants will use hand weights, bands, the bosu, gliders, stability balls and more to target muscles from head to toe. Muscle burns more fat, so let this class compliment your cardio work-out.

CORE: 15 minutes core work can complement your own strength or cardio workout, cap off a fitness class , or stand alone.

CORE & BUTT: 15 minute hybrid class that incorporates core, butt, and thigh exercises.

Cycology: Want to burn fat and increase endurance? Motivating instruction will guide you through an intense ride of stationary cycling. This class is for first-time riders and tri-athletes alike.

Cycology (ADV.): Designed to start your week with a more challenging ride. Prior spin class experience is recommended.

Gentle Yoga: Wind down your workweek with this relaxing yoga class. Perfect for beginners!

Kids Club: Want your kids to be more active? Send them to kids club twice a week while you get in your workout! Kids club is available for kids 7-11 and meets in the gym. They will have fun while learning how important exercise is for a healthy lifestyle.

Low Impact Cardio: This is the perfect class for the person looking for a cardio option that doesn't involve jarring moves. This class offers a series of cardio movements designed to get the heart rate up without all the jumping.

PIYO®: Want your body looking long, lean and incredibly defined? PIYo combines the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Over time you will crank up the speed for a true fat burning, low-impact workout!

Pulse Point Barre/Cardio Barre: Come tone your body with the latest barre moves designed to firm, lengthen and strengthen each and every muscle. This low impact class is perfect for members of all fitness levels. Small movements with BIG results!

SilverSneakers® Classic: 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 standing support.

Steppin' Up: Come have fun with us as we mix traditional step moves with the latest hip hop and pop songs. Each song has it's own choreography so it's super easy to learn! This class offers a great cardio workout with all the benefits of a toning class as well.

TRX Cardio Blast- Come join this fun and challenging class that incorporates the TRX straps and cardio intervals for a total body toning and calorie blasting class!

Tuesday Tossup: This class will incorporate intervals of cardio, as well as toning segments that will work every part of your body. You will burn calories and tone your muscles. Step outside the box and challenge your body with something new every week!

Weekend Warrior: Start your Saturday morning with a class that will include intervals of cardio and strength training. Perfect way to start your Saturday!

Yoga: This class focuses on proper breathing, alignment, and yoga asanas (poses) to improve flexibility, strength, endurance and balance. Modifications for poses are offered but prior experience with primary yoga asanas is helpful.

Yoga/Pilates Fusion: This class is a mixture of yoga poses that stretch and relax your muscles and mind. Participants will also work on balance through isotonic Pilates exercises that will help to strengthen your core and hips.

Zumba: Zumba is a Latin inspired dance fitness class that has taken the nation by storm. Come have fun and dance those calories away! There's no better way to get your cardio workout in.

Zumba Gold®: A Zumba class designed for beginners or older adults.