

GROUP EXERCISE CLASS SCHEDULE – Summer, 2017

EFFECTIVE: 6/5/2017

MON	TUES	WED	THURS	FRI	SAT/SUN
Indoor Cycling# 6am – 7am Carlos	Vinyasa Flow Yoga 6am – 7am Kristen	Indoor Cycling# 6am – 7am Carlos	Vinyasa Flow Yoga 6am – 7am Tamra	Indoor Cycling# 6am – 7am Carlos	SATURDAY:
OPEN STUDIO 7:15am – 8:15am	OPEN STUDIO 7am – 8am	OPEN STUDIO 7:15 am – 8:15am	OPEN STUDIO 7:15am – 8am	OPEN STUDIO 7:15am – 8:15am	Glutes & Abs 9am–9:45am Dan
Indoor Cycling# 8:30am – 9:30am Michelle	Indoor Cycling# 8:15am - 9am Denise	Indoor Cycling# 8:30am - 9:30am Michelle	Indoor Cycling# 8:15am - 9am Denise	Indoor Cycling# 8:30am - 9:30am Michelle	Zumba 10am – 11am Beth
Cardio Kickboxing 9:45am –10:45am Michelle	TRX Training # 8:30am – 9:30am Michelle- GYM	Cardio Kickboxing 9:45am – 10:45am Michelle	TRX Training # 8:30am – 9:30am Michelle- GYM	Cardio Kickboxing 9:45am – 10:45am Michelle	CHAIR YOGA 11:15am- 12:15pm Corrine
Sculpt 9:45am - 10:25am Sara- GYM	Gentle FUNctional Strength (GFS) 9:15am – 10am Denise	Sculpt 9:45am - 10:25am Sara- GYM	Gentle FUNctional Strength (GFS) 9:15am -10am Denise	Sculpt 9:45am - 10:25am TBD - GYM	Pre-Set FOD Class 12:30– 1:30pm
Stretching 101 10:30am – 11am Sara- GYM		Stretching 101 10:30am – 11am Sara- GYM		Stretching 101 10:30am– 11am GYM	OPEN STUDIO 1:30pm – 7pm
Power Yoga 11am – Noon Tamra	BODYFIT 10:15am–11:15am TBD	Yoga Fusion 11am - Noon Kristen	BODYFIT 10:15am–11:15am TBD	Power Yoga 11 am - Noon Tamra	
Zumba 11:05am-11:45am Paula - GYM	ABSolute Core 11:30 am – Noon Michelle	Zumba 11:05am - 11:45am Paula- GYM	ABSolute Core 11:30 am – Noon Michelle	Zumba 11:05am - 11:45am Sarah- GYM	SUNDAY:
KROC CORPS BOOTCAMP 12:10 -12:50pm Dan - GYM	Pilates 12:10 pm - 1 pm Debra	KROC CORPS BOOTCAMP 12:10pm - 12:50pm Dan- GYM	Pilates 12:10 pm - 1 pm Debra	KROC CORPS BOOTCAMP 12:10- 12:50pm Dan- GYM	OPEN STUDIO 1 pm – 1:55 pm
Quicksilver 1:15pm - 2:15pm Michelle - GYM	PUMPI! 12:10 pm - 1 pm Sara -GYM	Zumba GOLD! 12:30pm – 1pm Billy	PUMPI! 12:10 pm - 1 pm Sara - GYM	Quicksilver 1:15pm – 2:15pm Michelle - GYM	Zumba 2 pm – 3 pm Beth
Pre-Set FOD Classes 2 pm – 2:30pm	CHAIR YOGA 1:15pm – 2:15pm Judy	Quicksilver 1:15pm - 2:15pm Michelle - GYM	CHAIR YOGA 1:15pm – 2:15pm Judy	Pre-Set FOD Classes 12:15pm – 2:30pm	Pre-Set FOD Class 3:15 pm – 4 pm
Studio Closed for Cleaning 2:30pm – 3:30pm	Studio Closed for Cleaning 2:30 pm – 3pm	Studio Closed for Cleaning 2:00 pm – 2:30pm	Studio Closed for Cleaning 2:30pm – 3pm	Studio Closed for Cleaning 2:30pm – 3:30pm	OPEN STUDIO 4 pm – 5 pm
OPEN STUDIO 3:30 pm – 5:45 pm	Yoga 3 pm - 4 pm Debra	OPEN STUDIO 2:30 pm – 5:45 pm	Yoga 3 pm - 4 pm Julie	OPEN STUDIO 3:30 pm – 5:30 pm	Studio Closed for Cleaning 5 pm
TRX Training # 5pm – 5:45pm Sara- GYM	Total Body Tabata 4:25pm – 5:25pm Tammy	TRX Training # 5pm – 5:45 pm Sara- GYM	Total Body Tabata 4:25pm – 5:25pm Tammy	Pre-Set FOD Class 5:30pm – 6:30 pm, 6:45pm – 7:15 pm	<i>Class schedule is subject to periodic change without advance notice.</i>
STRONG 5:45 pm - 6:45 pm Beth	Zumba 5:30 pm – 6:30 pm Billy	STRONG 5:45 pm - 6:45 pm Beth	Zumba 5:30pm – 6:30 pm Billy	OPEN STUDIO 7:30 pm – 8 pm	
K-30 6 pm – 6:30 pm Dan –GYM	AB Attack 6:45 – 7:15 pm Dan	K-30 6 pm – 6:30 pm Dan - GYM	AB Attack 6:45 – 7:15 pm Dan		
Yoga 6:45 pm – 7:45 pm Julie		Yoga 6:45 pm – 7:45 pm Corrine	School of Performing Arts 7:30pm-9pm		





Fitness Class Descriptions and Times – SUMMER, 2017 (5/9/17)



 ABSolute Core	Build a more powerful, stable abdomen and improve posture with this fun, high-energy half-hour attack on ALL the core muscles. Get a vigorous core-building (abs & back) experience! INTERMEDIATE-ADVANCED	Tue & Thurs 11:30 am - Noon			
AB ATTACK	Attack your ab muscles through high-intensity, isolation exercises! INTERMEDIATE-ADVANCED	Tue & Thurs 6:45 – 7:15 pm			
 BODYFIT	Unique blend of strength, core and cardio that changes weekly in order to fight boredom and keep your body guessing! INTERMEDIATE-ADVANCED	Tues & Thurs 10:15 – 11:15 am			
 Cardio KICKBOXING	A cardiovascular workout with a mixture of boxing, martial arts and aerobics. INTERMEDIATE-ADVANCED	Mon Wed Fri 9:45- 10:45 am			
Gentle FUNCTIONal Strength	Improve muscular strength, toning & stamina while building a foundation of cardio endurance, basic everyday movement skills, balance and flexibility! BEGINNER.	Tue & Thurs 9:15 - 10 am			
Glutes & Abs	This 45 minute class will firm, strengthen and shape your “bum” like no other! BEGINNER-INTERMEDIATE.	Saturday 9 - 9:45 am			
Indoor Cycling	Fast-paced workout on a stationary bike. Climb, sprint, interval and more with incredible music & extraordinary instruction! Burns a TON of calories! BEGINNER - ADVANCED	Mon Wed Fri 6 - 7 am & 8:30 - 9:30 am	Tue & Thurs 8:15- 9 am		
K-30	An accelerated class that packs 60 minutes of interval training into 30 minutes. Weights, calisthenics, bodyweight drills and cardio address the entire body. INTERMEDIATE-ADVANCED.	Mon & Wed 6 - 6:30 pm			
KROC CORPS BOOTCAMP	Move through a challenging circuit-training obstacle course that provides a total-body, compete workout. INTERMEDIATE-ADVANCED.	Mon Wed Fri 12:10 - 12:50 pm			
PILATES	Tone and strengthen your abdominals, hips and back. This classic matwork Pilates class emphasizes precise body alignment, mental focus and breath work for a refreshing mind/body workout. BEGINNER – INTERMEDIATE.	Tues & Thurs 12:10 – 1 pm			
PUMP!	Challenging group-strength training class that utilizes dumbbells, barbells, medicine balls, stability balls, resistance tubing, steps and your own body weight. INTERMEDIATE-ADVANCED.	Tue & Thurs 12:10 – 1 pm			
quicksilver	Balance, Strength & Fall Prevention for Seniors: Learn how to stabilize and balance while using full-body strength, core strength and proprioception training techniques. BEGINNER.	Mon Wed Fri 1:15 - 2:15 pm			
Sculpt	Full-body, strengthening & toning class is designed to sculpt long, lean, cut muscles without adding bulk or mass. Weights, cardio & abs. BEGINNER-INTERMEDIATE.	Mon Wed Fri 9:45 - 10:25 am			
STRETCHING 101	This relaxing and restorative class involves deep, relaxing breathing, combined with deep stretching. Props may be used to facilitate a deeper stretch. BEGINNER.	Mon Wed Fri 10:30 – 11 am			
Total Body Tabata	Full-body exercises that work the body as one functional unit! Intense bursts of activity, followed by brief rest periods keep your body constantly adapting, always improving, and endlessly burning calories! INTERMEDIATE-ADVANCED.	Tue & Thurs 4:25 - 5:25 pm			
 TRX	Suspension trainer leverages bodyweight through hundreds of functional exercises that build strength, balance, flexibility, explosiveness and joint mobility. BEGINNER – ADVANCED.	Mon & Wed 5 – 5:45 pm	Tue & Thurs 8:30 -9:30 am		
 chair yoga	Everything is done from the support of chair. Gentle yoga, stretching and relaxation techniques that will lengthen your muscles, strengthen your core, and provide a relaxing “re-set” to your day! BEGINNER.	Tue & Thurs 1:15 – 2:15 pm	Sat 11:15 - 12:15 pm		
POWER yoga	Yoga that combines traditional Hatha yoga poses with fluid movement and deep breathing, to create a high-energy, challenging workout! INTERMEDIATE.	Mon & Fri 11 am – Noon			
Vinyasa Flow yoga	Advanced yoga class involving intense cardio and strength-building exercises, core work, and a handful of asanas to increase flexibility! BEGINNER-INTERMEDIATE.	Tue & Thurs 6 – 7 am			
yoga	For all levels of yoga students. No prior knowledge of yoga is necessary. Reduce stress, increase strength & flexibility, improve balance and focus, lower blood pressure, improve circulation, and live a healthier lifestyle! BEGINNER.	Mon & Wed 6:45 – 7:45 pm	Tues & Thurs 3 - 4 pm		
yoga FUSION	A traditional, Vinyasa-based yoga infused with Pilates, and a little extra “kick” for the core! BEGINNER – INTERMEDIATE.	Wed 11 am - Noon			
 ZUMBA FITNESS	A mix of freestyle and hip-hop, Latin/salsa dance moves. Tone and sculpt every part of your body. BEGINNER – ADVANCED.	Mon, Wed, Fri 11:05-11:45 am	Tue & Thurs 5:30-6:30 pm	Sat 10-11 am	Sun 2-3 pm
 STRONG by ZUMBA	STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. BEGINNER – INTERMEDIATE	Mon & Wed 5:45 – 6:45 pm			
 ZUMBA gold	This class is designed for the active older adult and addresses the anatomical, physiological, and psychological needs specific to this population. BEGINNER.	Wed 12:30 – 1 pm			