

Monday

Time	Class	Instructor
7:00 AM	<p>Yoga L-2 Vinyasa Flow A blend of Hatha Yoga focusing on balance, core work and breath along with a series of Vinyasa - meaning Breath Synchronized Movement. This class incorporates simultaneous movement as you transition between movements and breaths. Great for beginners and intermediate.</p>	Darnell
8:00 AM	<p>30 Minute Cardio This energetic choreographed upbeat low impact aerobic class is a fun way to get in shape and burn calories.</p>	Cindy Burns
8:30 AM	<p>30 Minute Power Pump Ultimate total body workout using barbells, dumbbells and so much more. With music to motivate and physical/mental challenges you transform your body in record time.</p>	Cindy Burns
8:30 AM	<p>SPINNING® (Fee based class) We are well-known for having the top instructors in the area. We are an authorized SPINNING facility and our instructors are not just top-shelf coaches, but elite athletes as well. SPINNING burns a lot of calories in a short amount of time!</p>	Miguel Ramos
9:15 AM	<p>Butt n Gut The focus of this class is on the abdominals, buttocks and hips. A wide variety of floor exercises are used to target the muscles in these areas with the intent to tone and strengthen.</p>	Carol Clark
10:00 AM	<p>Yoga L-1 Gentle Flow A slower pace linking movement with breath focusing on proper alignment in the poses. Improve balance, flexibility and posture while relieving stress. Appropriate for all fitness levels, great for beginners!</p>	Erryn Cleaver
11:30 AM	<p>Swing'n Seniors This popular class is chair based for stability and safety. But make no mistakes our seniors rock! Have fun and be social with a variety of exercises designed to improve strength, balance, coordination and mobility for daily activities.</p>	Carol Clark
5:30 PM	<p>B List A combination of calorie-burning core and functional training. Using a lot of B's (Barbell, Balance, Body Weighted, Bands, Bosu) and a lot of energy, you will certainly hit those hard to reach spots in this diverse class. Get you're A-game in B List!</p>	Denise Bartlett
6:00 PM	<p>SPINNING® (Fee based class) We are well-known for having the top instructors in the area. We are an authorized SPINNING facility and our instructors are not just top-shelf coaches, but elite athletes as well. SPINNING burns a lot of calories in a short amount of time!</p>	Miguel Ramos

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7:00 AM	Pilates Mat Get to the core with this floor mat workout. Designed to strengthen abdominal/back muscles and improving pelvic stability through focused, slow controlled exercises.	Del Anderson
8:00 AM	Step Plus Same as above with the addition of abs and myofacial release.	Ceille Summy
8:30 AM	SPIN / Strength (Fee based class) This class combines a component of strength/stability/core to a traditional SPINNING class. 30 minutes of SPINNING followed by 30 minutes of core and strength training.	Tammy Smith
9:30 AM	Power Pump Ultimate total body workout using barbells, dumbbells and so much more. With music to motivate and physical/mental challenges you transform your body in record time.	Cindy Burns
12:00 PM	Pilates Mat Plus This class is for the intermediate to advanced Pilates student. Previous exposure to pilates is encouraged. This class may use more tools and barre routines.	Maryann Thomson
5:30 PM	Done in 30! Based on the Tabata method of high intensity interval training, this 30-minute class will torch more calories and challenge your cardiorespiratory system in less time than a traditional 60-minute workout.	Denise Bartlett
6:00 PM	SPINNING® (Fee based class) We are well-known for having the top instructors in the area. We are an authorized SPINNING facility and our instructors are not just top-shelf coaches, but elite athletes as well. SPINNING burns a lot of calories in a short amount of time!	Miguel Ramos
6:00 PM	Yoga 2+ Vinyasa Power Flow Vinyasa yoga is a flow based class focusing on proper alignment and demonstration of poses. A mix of contemporary and soothing music using foundational postures and a connection of breath, the students links the poses together into a continuous flow. It offers a balance of strength, flexibility, and endurance to challenge the fitness enthusiast for intermediate to advanced.	Heidi Aronoff

Wednesday

Time	Class	Instructor
7:00 AM	Pilates Mat Plus This class is for the intermediate to advanced Pilates student. Previous exposure to pilates is encouraged. This class may use more tools and barre routines.	Del Anderson
8:00 AM	30 Minute Cardio This energetic choreographed upbeat low impact aerobic class is a fun way to get in shape and burn calories.	Cindy Burns
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11:30 AM	Swing'n Seniors This popular class is chair based for stability and safety. But make no mistakes our seniors rock! Have fun and be social with a variety of exercises designed to improve strength, balance, coordination and mobility for daily activities.	Carol Clark
6:00 PM	Boot Camp Burn Not for choreography lovers, this fun and demanding indoor class gets results with camaraderie for men and women who want tough heart-pumping cardio without all the yelling, while keeping the creature comforts of music and air conditioning!	Angie Gaeta

Thursday

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6:00 AM	SPINNING® (Fee based class) We are well-known for having the top instructors in the area. We are an authorized SPINNING facility and our instructors are not just top-shelf coaches, but elite athletes as well. SPINNING burns a lot of calories in a short amount of time!	Thomas Miller
7:00 AM	Pilates Mat Get to the core with this floor mat workout. Designed to strengthen abdominal/back muscles and improving pelvic stability through focused, slow controlled exercises.	Del Anderson
8:00 AM	Zumba Aerobic Latin dance inspired workout for all fitness levels. Great music and a ton of fun to burn off pounds of fat while firming your entire body. If you like to shake your booty and burn calories this class is for you!	Heide Aronoff
8:30 AM	SPIN / Strength (Fee based class) This class combines a component of strength/stability/core to a traditional SPINNING class. 30 minutes of SPINNING followed by 30 minutes of core and strength training.	Tammy Smith
9:30 AM	Body Burn This group exercise strength and conditioning class is designed to increase lean muscle mass and build core definition. Incorporating exercises that are functional, yet challenge everyone's body. This class includes an active warm-up, strength focus, and core body blast. All levels are welcome to attend.	Maria Hamilton
12:00 PM	Pilates Mat Get to the core with this floor mat workout. Designed to strengthen abdominal/back muscles and improving pelvic stability through focused, slow controlled exercises.	Norma Schechtman
5:30 PM	B List A combination of calorie-burning core and functional training. Using a lot of B's (Barbell, Balance, Body Weighted, Bands, Bosu) and a lot of energy, you will certainly hit those hard to reach spots in this diverse class. Get you're A-game in B List!	Denise Bartlett
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6:30 PM	Zumba Aerobic Latin dance inspired workout for all fitness levels. Great music and a ton of fun to burn off pounds of fat while firming your entire body. If you like to shake your booty and burn calories this class is for you!	Gina

Friday

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7:00 AM	Yoga Yoga postures stimulate the mind, body and spirit connection. You will improve flexibility, balance and strength along with vitality and a sense of well being.	Darnell
8:00 AM	30 Minute Cardio This energetic choreographed upbeat low impact aerobic class is a fun way to get in shape and burn calories.	Cindy Burns
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Saturday

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8:00 AM	<p>60 Minute SPINNING® The leader in indoor cycling, we have the top coaches and athletes leading our SPINNING program. Lead by Master Instructor Doug Katona, our dedicated team of instructors will help you burn more calories than any class! We are proud to be an authorized, licensed SPINNING facility.</p>	Thomas Miller
8:00 AM	<p>Zumba Aerobic Latin dance inspired workout for all fitness levels. Great music and a ton of fun to burn off pounds of fat while firming your entire body. If you like to shake your booty and burn calories this class is for you!</p>	Heidi Aronoff
9:00 AM	<p>Pilates Mat Plus This class is for the intermediate to advanced Pilates student. Previous exposure to pilates is encouraged. This class may use more tools and barre routines.</p>	Del Anderson
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8:00 AM	<p>Step The hard core Steppers will not be disappointed. This is an intermediate level class involving the step and risers. Fun music and choreography for a full body cardiovascular challenge.</p>	Deanna Mikkelson
9:15 AM	<p>Yoga Yoga postures stimulate the mind, body and spirit connection. You will improve flexibility, balance and strength along with vitality and a sense of well being.</p>	Georgina Sanders