



# STUDIO A

	Monday	Tuesday	Wednesday	Thursday	Friday	7:15am	Saturday	Sunday
5:30am	Tabata/Barre				Tabata Toning		Interval	
6:00am			CARDIO TABATA					
8:10am	XaBeat	XaBeat	XaBeat	XaBeat	XaBeat	8:15am		
9:05am	Tabata Toning	Step			Interval	9:00am		
9:30am								
10:10am						10:10am	XaBeat	
11:10am								
12:10pm	BodyPump Express					2:50pm		
3:30pm						3:30pm		
4:30pm	Guts and Butts	Step 30-20-10				4:40pm		XaBeat
4:45pm								
5:30pm	Tabata Toning		CARDIO CRAZE					
6:00pm								
6:35pm	ZUMBA							
7:40pm								

# STUDIO B

5:30am			XaBeat					
6:00am								
8:00am	Jazzercise	XaBeat Lite (8:15)	Jazzercise		Jazzercise			
8:10am								
9:00am	Silver Sneakers				Silver Sneakers	9:00am	Beg. Bodypump	Intro To Yoga
9:05am	Vinyasa Yoga	Yoga Sculpt	TRX (9:10am)	Yoga Sculpt	Gentle Yoga (9:10)			
10:10am			Pilates			10:10am		
NOON	PIYO		RIPPED			1:00pm		Yoga Barre
4:30pm	XaBeat	ZUMBA GOLD	Kickboxing	RIPPED				
5:30pm		Beginner TRX	Yoga	XaBeat	XaBeat			
6:45pm	BUDOKON(6:35)					5:00pm		
7:30pm			XaBeat					
7:45pm	Yoga	Beginner XaBeat						

# CYCLE

5:30am		Cycle						
8:15am			Insanity			8:00am		
8:30am						9:00am		
9:00am								
11:10am		Cycle						
12:15pm						12pm		
4:30pm								
5:30pm	Beg. Cycle					2:30pm		Cycle
5:45pm								
6:30pm								
7:00pm	Cycle							

# APRIL

- **Jazzerobics** is for all levels of experience to rekindle their inner dance spirit! 50-60 min
- **Barre** is a one hour full body workout that fuses the best elements of ballet, Pilates, sports conditioning, and stretching for a truly unique and fun experience. 50-55min
- **Bellydancing** is a great class to get the understanding of belly dance technique, posturing, language, move execution, and working knowledge of this form of dance. 50min.
- **BODYPUMP™**, the original LES MILLS™ barbell class, will sculpt tone and strengthen your entire body, fast! 60 min
- **BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. 60 min
- **Burpees and More!!** Intense cardio training with Bootcamp style moves!! Find that inner athlete in you! 45min
- **Cardio Craze** is a 30 minute class combining basic and powerful cardio moves. Burn maximum calories and improve your fitness level. Great class for all levels!!
- **Cardio Tabata** is a great class that combines the best cardio exercises to burn the most calories. This class uses the 20 seconds of work followed by 10 sec of rest! Great for all fitness levels. 50min
- **CXWORX™** is a short, sharp, intense, hugely effective 30-minute workout. It was designed by the LES MILLS™ team with a carefully structured and scientific approach to ensure this unforgiving workout tightens and tones your body, improves your core strength and aids injury prevention. 30 min
- **Cycle!** This group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout. 45-60 min
- **Gentle Yoga** is an excellent relaxation and restoration class for people that are new to yoga. Poses are held longer with more breathing and meditation. 50min
- **Guts and Butts** include exercises for abs and Gluteus Maximus. All exercises train these muscles and the muscles connecting. 50-60 min
- **Insanity** is a challenging, group focused athletic training, cardio conditioning, and total body strength drills, designed for people of all levels. 45-55min.
- **Interval training** is a high intensity, calorie burning, fat busting, heart conditioning workout! Cardio Drills utilizes various equipment and body weight exercises. 50-60 min
- **Kickboxing** is a combination of aerobics, boxing, and martial arts -- is one of the most popular fitness trends to hit gymnasiums in recent years. 50-60 min
- **Kickboxing/Barre** starts with 30 min. of powerful kickboxing moves followed by small muscle strengthening and flexibility. This is a great class for all fitness levels. 60min.
- **Pilates** will increase in flexibility, mobility, balance and body awareness, as well as a decrease in back pain or other general pains. 45-60 min.
- **Primary Fusion** is a strong class based on the Ashtanga Primary Series but with particular emphasis on strength, breath and hip work. Great for any fitness level. 45-60min
- **RIPPED!** This class offers high cardio, weight training, and mixed martial arts. RIPPED forms a non-plateau, high intensity workout. 60 min
- **RPM** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your coach who will lead you through hills, flats, mountain peaks, time trials, and interval training. Great class for all fitness levels. 45min-50min
- **Step aerobics** is a form of aerobic power distinguished from other types of aerobic exercise by its use of an elevated platform (the step). 30 min
- **Step 30-20-10** is a great combination of 30minutes of step, 20 minutes of strength training, and 10 minutes of stretching. Perfect for any fitness level!! 60min
- **STRONG by Zumba** is a great class that involves strength exercises, endurance, and drills. No dancing in this Zumba class! Great for all fitness levels! 55 min.
- **Tabata Toning:** This action-packed workout will consist of interval drills of 20 seconds anaerobic activity followed by 10-second resting period. Half this class will involve strength conditioning.
- **Tabata/Barre** is a great class for any fitness level. This class uses the 20sec/10sec format. The first 30 minutes focuses on strength, and the last 30 minutes focuses on ballet type strengthening and flexibility movements. 45-55min
- **The TRX® Suspension Trainer** is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises.
- **XaBeat** is an upbeat dance class that burns calories! It's taking the latest music, and turning your workout into a party. 45-50 min
- **Yoga Barre** targets the muscles in core, glutes, and thighs in a way few other workouts can achieve—incorporating plies and arabesque movements to sculpt and lengthen the muscles. With newfound strength/flexibility/balance, your entire yoga practice will improve. Great for all fitness levels.
- **Yoga Strength/Sculpt** is a great combination of strength exercises and yoga poses. A way to improve body's posture, alignment, strength, and flexibility.
- **Yoga balances mind and body** using poses, controlled breathing and calming of the mind, while teaching pose, balance, and strength. 50-60 min
- **All Fitness Levels**

See Beginner schedule for class times and descriptions.