



CLASS SCHEDULE

DAY	CLASS	INSTRUCTOR	LOCATION
M	Circuit, 7:30AM	Regan	Training Studio
	Circuit, 8:30AM	Regan	Training Studio
	Aqua Mix, 9:00AM	Verna	Indoor Pool
	HIIT CORE, 9:15AM	Jen	Cardio Room
	Barre, 9:30AM	Kristine	Studio A
	Circuit, 10:00AM	Jen	Training Studio
	Simply Strength (Lower), 10:15AM	Kristine	Studio A
	Strength & Cardio, 4:30PM	Jen	Training Studio
	Total Body Strength, 5:30PM	Ann	Studio A
Yoga, 5:30PM	Steve	Mind/Body	
T	Circuit, 5:45AM	Jen	Training Studio
	Cycle, 8:00AM	Gary	Cycle Studio
	Total Body Strength, 8:30AM	Grace	Studio A
	Cadence, 9:15AM	Maria	Cardio Room
	Zumba, 9:30AM	Grace	Studio A
	Yoga, 9:30AM	Steve	Mind/Body
	Strength & Cardio, 9:30AM	Regan	Gym Floor
	Aquabata, 10:00AM*	Michelle	Indoor Pool
	TRX Fusion, 4:30PM	Judith	Studio B
	Vinyasa, 5:30PM	Sarah	Mind/Body
	Circuit, 5:30PM	Josh	Training Studio
W	Circuit, 7:30AM	Regan	Training Studio
	Circuit, 8:30AM	Regan	Training Studio
	Aqua Mix, 9:00AM	Danielle	Indoor Pool
	TRX Fusion, 9:15AM	Jen	Studio B
	Zumba Toning, 9:30AM	Judith	Studio A
	Circuit, 10:00AM	Bethani	Training Studio
	Strength & Cardio, 4:30PM	Jen	Training Studio
	Barre, 5:30PM	Caitie	Studio A
	Yoga, 5:30PM	Steve	Mind/Body
TH	Circuit, 5:45AM	Jen	Training Studio
	SOULfusion™, 9:30AM	Brittney	Studio A
	Strength & Cardio, 9:30AM	Jen	Gym Floor
	Aqua Mix, 10:00AM*	Char	Indoor Pool
	Simply Strength (Upper), 10:30AM	Judith	Studio A
	Strength & Balance, 11:15AM*	Judith	Studio A
	Circuit, 5:30PM	Josh	Training Studio
	Cycle 45, 5:30PM	Dawn	Cycle Studio
F	Cadence Distance, 6:00AM	Maria	Meet at PT desk
	Circuit, 7:30AM	Regan	Training Studio
	Circuit, 8:30AM	Regan	Training Studio
	Kettlebell, 9:15AM	Jen	Gym Floor
	Zumba, 9:30AM	Grace	Studio A
	Movement & Mobility, 9:30AM	Maria	Mind/Body
	Circuit, 10:00AM	Bethani	Training Studio
SAT	Cycle Fusion, 9:30AM	Dawn	Cycle Studio
	Strength & Cardio 9:30AM	Rotating	Gym Floor

*Included in Senior Matinee Guest Rate Special (Age 62+): Tuesdays & Thursdays, 10am-1pm, \$7R/\$9NR

CLASS DESCRIPTIONS

Aqua Mix*: Aqua Mix is a workout that is gentle on your joints and great for toning up. This mix of cardio and strength conditioning, pool based workout uses the resistance of the water to elevate the heart rate and burn calories while toning and strengthening the body. All fitness levels welcome.

AquaBata/Arthritis*: This class includes a half hour of low impact Tabata intervals sandwiched by 15 min arthritis warm up and cool down. Stretch and range of motion exercises are also included in that time. Michelle is Arthritis Foundation AEA certified for arthritis.

Barre: 45-minutes of low-impact toning to music. This high-rep class uses light weights and body weight for total body strength conditioning. No dance experience necessary.

Cadence: Get your heart & soles moving in this interval-based treadmill class lead by Road Runners Club of America (RRCA) Running Coach, Maria Brandon.

Cadence Distance: get your run done before the sun with an inspiring group of runners of all levels, many of whom will be training for the same fall races as you! This group runs outside (weather depending) for the season.

Circuit: Our signature timed workout includes rounds of exercises, designed for full-body conditioning. Workouts are pre-programmed to progress over 4 weeks so you get the results you're looking for. Classes may include cardio, strength, balance and mobility work and can be adapted for all fitness levels.

Cycle: Improve your cycling technique and build your endurance in this low impact class. Great for all athletes and enthusiasts.

Cycle 45: an exhilarating 45-minute cycle journey, exclusively focused on spinning to elevate your cardiovascular health and overall fitness. Experience the thrill of sprints, conquer challenging hills, and master dynamic jumps, all within a high-energy atmosphere. Our expert instructors will guide you through respiratory-focused techniques to enhance your breathing capacity and endurance. With the freedom to move at your own pace, whether you're a beginner or seasoned cyclist, this class offers a tailored experience to boost your stamina, elevate your mood, and leave you feeling empowered. Join us for a ride that transcends boundaries and transforms bodies, one pedal stroke at a time.

Cycle Fusion: a vibrant class, where spinning merges seamlessly with body weight exercises for a dynamic workout suitable for all fitness levels. Pedal through invigorating sprints and challenging climbs on our bikes, then transition to the mat for body weight exercises targeting every major muscle group. With customizable intensity and expert guidance, this full-body workout promises improved cardiovascular endurance, increased strength, and a supportive community atmosphere. Join us and elevate your fitness journey today!

HIIT Core: Get your heart pumping in this high intensity interval workout! Your coach will lead you through short bursts of intense cardio exercises designed to improve cardiovascular health, body composition and athletic performance. Class ends with a cool down and core training.

Kettlebells: Learn proper technique to kettlebell training and take your fitness to the next level! This class includes both introduction to kettlebell basics as well as more advanced moves. Class may also include other modes of strength or cardio training.

Movement & Mobility: This yoga inspired class will take you through a series of stretches, poses, core exercise and balance work. Great for athletes who want to move better!

Simply Strength: 30 minutes of targeted upper or lower body strength exercises using bands, free weights and/or body weight. All fitness levels welcome.

Strength & Balance*: This class includes strength training and balance exercises to help improve activities of daily living. Chairs are available for those who need additional support.

Strength & Cardio: Coaches Choice! Each class is uniquely designed by our Personal Trainers and Group Fitness instructors. We incorporate several styles of training and a variety of equipment to create a fun fitness experience!

SOULfusion: SOULfusion™ is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment (in person or virtual). SOULfusion™ trains strength, balance, and flexibility, and can help improve overall fitness levels. It is driven by music, movement, and motivation. SOULfusion™ is all of your favorite workouts wrapped into ONE!

Total Body Strength: This class will hit all your major muscle groups to improve strength and endurance. Using free weights, body weight, benches, bands and more you'll squat, lunge, push, press and pull your way to a stronger body!

TRX Fusion: Your body is your machine! TRX training incorporates your core and stabilizers to help you build functional strength. This class may also include cardio and/or other modes of training. All fitness levels welcome.

Yoga: Yoga will build strength, balance and flexibility linking movement with breath, body and mind. This class can have a variety of music and themes and is appropriate for all fitness levels.

Zumba: We take the "work" out of workout, by mixing low-intensity 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. Intensity-Low/Medium