group fitness SCHEDULE

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
STRETCH STUDIO	**8:15 AM** Mat Pilates **9:15 AM** Step Challenge **5:15 PM** WERQ™	**9:15 AM** Body COMBAT™ **10:15 AM** LO-Moves **11:45 AM** Vinyasa Yoga **7 PM** Gentle Yoga	**9:15 AM** WERQ™ **5:15 PM** WERQ™	**9:15 AM** Body COMBAT™ **10:30 AM** Vinyasa Yoga Flow **7 PM** Gentle Yoga & Foam Rolling	**9:15 AM** WERQ™ **10:15 AM** Barre **4:15 PM** Yin-Yang Yoga	**9 AM** Vinyasa Yoga	**10:30 AM** Stretching and Foam Rolling **11:45 AM** Gentle Yoga
STRENGTH STUDIO	**10:30 AM** BodyPUMP™ **11:30-12 PM** CORE™ **6 PM** BodyPUMP™	**6:15 AM** BodyPUMP™ **10:30 AM** SHAPES™ **6 PM** Zumba®	**10:30 AM** BodyPUMP™ **11:30-12 PM** CORE™ **6 PM** BodyPUMP™	**6:15 AM** BodyPUMP™ **10:30 AM** STRENGTH DEVELOPMENT™ **6 PM** SHAPES™	**10:30 AM** BodyPUMP™ **11:30-12 PM** CORE™	**10 AM** BodyPUMP™	**10 AM** BodyPUMP™ **11 AM** SHAPES™
CYCLE STUDIO	**6:30-7:15 AM** SPRINT™	**9:15-10 AM** SPRINT™	**6:00 AM** Sunrise Spin	**9:00 AM** Power Zones **6:00 PM** Rhythm Ride	**6:00 AM** Sunrise Spin	**9-9:45 AM** SPRINT™	**9:30 AM** Energy Zones Ride
POOL	**10 AM** H2-Moves		**10 AM** H2-Moves		**10 AM** H2-Moves		**8-9:30 AM** Adult Swim Workout
BASKETBALL GYM	**5 PM** Pickleball Drills & Skills			**5 PM** Pickleball Drills and Skills			

Barre A barre may imply dance moves, but this class is holistic for all fitness levels to firm, tone, and lengthen with a focus on core, glutes, and legs for strength and balance. Props including a ballet barre, balls, weights, and more are used in this full-body workout class. All levels welcome.

BodyCOMBAT™ This class is a high-energy, non-contact, martial arts-inspired workout. Punch and kick your way to fitness and burn up to 740 calories in a class. Learn moves from karate, Taekwondo, boxing, Muay Thai, capoeira, kung fu, and more. All levels welcome and encouraged. No experience is needed.

Gentle Yoga Gentle Yoga is a classic Hatha style performed at a slower pace with emphasis on alignment in each pose. Yoga postures are often held for longer times. The class includes time for meditation, breath work, and relaxation. All levels welcome.

LO-Moves Explore your strength in mind and body as this class is safe, stable, and low-impact to moderate stress on joints. Using props like balls, bands, and free-weights, this is the perfect class for the active older adult, pre/post-natal parent, and injury rehabilitation participant.

Step Challenge This workout, which uses a step platform, increases cardio and muscular endurance. Footwork, long-lever movement, and overall coordination for optimal balance is incorporated. Suitable for all levels.

WERQ™ This is a fiercely fun dance/fitness format choreographed to pop, rock, and hip-hop music. Movement is repetitive for easy learning and intensities vary for cardio training. The instructor moves and you follow at your own pace so you can let loose in this indoor dance party.

Yin-Yang Yoga This class blends two complimentary styles of yoga into one, bringing together the Yang energy of dynamic pose sequencing along with the Yin energy of slow passive holds. The Yang practice will warm you up and assist in building stamina and strength while the Yin practice allows you to slow down, relax, and turn inward. Suitable for all levels.

Gentle Yoga/Stretching & Foam Rolling A 30 minute gentle yoga flow and 30 minute full body foam rolling to loosen tight muscles, prevent injury and improve blood circulation.

Vinyasa Yoga/Flow A creative style where yoga poses are linked together with breath in a flowing sequence. Transitions are what connect one posture to another recognizing the temporary nature of things. The variable nature of a Vinyasa class helps develop a more balanced, flexible, and strong body.

BodyPUMP™ Lift weights to the rhythm of the music in this proven muscular strength, endurance, and power-based resistance training workout. The class covers full-body training in the most efficient high-repetition, calorie-burn format with core focus and biomechanics in check! This class is known internationally for drawing a wide range of fitness-goals and limiters. All levels are welcome...come early to get set up.

CORE™ Who loves a good core workout? YOU will after you try this science-based format for incredible core tone and performance enhancement. Build strength, stamina, and endurance in muscles that support the core, improve balance, assist injury prevention, and simply instill confidence from the inside out.

SHAPES™ An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

STRENGTH DEVELOPMENT™ A progressive strength training program that helps you build muscle, improve technique, and gain confidence. It's suitable for people new to lifting weights, as well as more experienced lifters.

Zumba® & Zumba® Express 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

Adult Swim Workout If you can swim the length of our 25-meter pool, join this adult workout! Take advantage of structure and technique tips from a coach on the deck. This class is for the pool and open-water swimmer as well as the multi-sport athlete. Recreational and competitive levels welcome in this fun setting.

H2-Moves Every movement in the water is met with resistance from the water, which builds muscle, increases flexibility, and allows greater range of motion and circulation. Water supports the body, putting less stress on joints and muscles, while still building strength. A certified instructor teaches from the deck. All levels are welcome in this shallow-pool workout.

Energy Zones Ride Personalize your ride as a coach drives you further and faster with our m3i power-based spin bikes. Cardiovascular and muscle gains to be made! All levels welcome.

Rhythm Ride Let the music carry you as we ride to the beat, from real road/trail references to an occasional dance move or weight set...anything goes for strength, endurance, and power in and out of the saddle. All levels welcome.

Rise & Ride An invigorating start to your week with a unique 7:15am cycle class meant to kickstart your day with a burst of motivation. Challenge your body with strength, speed, endurance, and power. The instructor will guide you through various terrains, training zones and focus on proper form to increase overall fitness leaving your body & mind feeling energized.

SPRINT™ A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

Sunrise Spin Wake to the rhythm of the road during this early morning mind-body ride; breath, cadence, power, community...what a way to start the day! All levels welcome.