







# GROUP FITNESS SCHEDULE

EFFECTIVE 6/1/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> <li>6:00-6:45am Studio B Ride:45 Monique</li> <li>7:00 - 7:50am Studio A Yoga Flow Corey</li> <li>8:00-8:30am Studio A HIIT:30 Sarah</li> <li>8:45-9:35am Studio A Zumba Mayra</li> <li>8:45-9:30am Studio B Ride:45 Sarah</li> <li>8:45-9:35am Synergy 360 Synergy *see app</li> <li>9:45-10:35am Studio A Just Lift Tiffany</li> <li>11:45-12:35am Studio A Fire Danner</li> </ul>	<ul style="list-style-type: none"> <li>7:00 - 7:50am Studio B Yoga Flow Corey</li> <li>7:30-8:00am Studio A Just Lift:30 Sarah</li> <li>8:05-8:35am Studio A Fire:30 Danner</li> <li>8:05-8:35am Studio B Ride:30 Sarah</li> <li>8:45-9:35am Studio A Turbo Kick Danner</li> <li>8:45-9:45am Studio B 30/30 Anna</li> <li>9:45-10:35am Studio A Burn Mayra</li> <li>10:00 - 10:50am Studio B PiYo Corey</li> </ul>	<ul style="list-style-type: none"> <li>6:00-6:45am Studio B Ride:45 Monique</li> <li>8:00-8:30am Studio A HIIT:30 Sarah</li> <li>8:45-9:35am Studio A Zumba Mayra</li> <li>8:45-9:30am Studio B Ride:45 Sarah</li> <li>8:45-9:35am Synergy 360 Synergy *see app</li> <li>9:45-10:35am Studio A Just Lift Tiffany</li> <li>11:45-12:35pm Studio B Boxing Synergy 360 Kyle</li> </ul>	<ul style="list-style-type: none"> <li>7:00 - 7:50am Studio B Yoga Flow Corey</li> <li>7:30-8:00am Studio A Just Lift:30 Sarah</li> <li>8:05-8:35am Studio A Fire:30 Danner</li> <li>8:05-8:35am Studio B Ride:30 Sarah</li> <li>8:45-9:35am Studio A Turbo Kick Danner</li> <li>8:45-9:45am Studio B 30/30 Anna</li> <li>9:45-10:35am Studio A BURN Mayra</li> <li>10:00 - 10:50am Studio B PiYo Corey</li> </ul>	<ul style="list-style-type: none"> <li>6:00-6:45am Studio B Zen RIDE Corey</li> <li>7:00 - 7:50am Studio A Yoga Flow Corey</li> <li>8:45-9:45am Studio B 30/30 Tiffany</li> <li>9:45-10:35am Studio A Just Lift Tiffany</li> </ul>	<ul style="list-style-type: none"> <li>8:00-8:45am Studio B Ride:45 Tiffany</li> <li>9:00-9:50am Studio A Burn Monique</li> <li>9:00-9:50am Studio B Mat Pilates Olga</li> </ul>
<ul style="list-style-type: none"> <li>5:30-5:50pm Studio A Guts &amp; Butts Heather</li> <li>6:00-6:50pm Studio A Just Lift Heather</li> <li>6:00-6:45pm Studio B Ride:45 Monique</li> </ul>	<ul style="list-style-type: none"> <li>5:30-6:20pm Studio A Burn Heather</li> <li>6:30-7:00pm Studio A Ignite Heather</li> <li>6:30-7:30pm Studio B BUTI Yoga Meghan</li> </ul>	<ul style="list-style-type: none"> <li>5:30-5:50pm Studio A Guts &amp; Butts Heather</li> <li>6:00-6:50pm Studio A Just Lift Heather</li> <li>6:00-6:45 Studio B RIDE:45 Monique</li> </ul>	<ul style="list-style-type: none"> <li>5:30-6:20pm Studio A Burn Heather</li> <li>6:30-7:00pm Studio A Ignite Heather</li> <li>6:30-7:30pm Studio B BUTI Yoga Meghan</li> </ul>		

-  yoga/stretch/pilates
-  strength & conditioning
-  athletic training
-  spinning
-  martial arts
-  dance

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# GROUP FITNESS CLASS DESCRIPTIONS

- Boxing\*\*** Led by Personal Trainer, Kyle, this class will have 10 stations set up for speed, agility and professional boxing and kickboxing moves with gloves and bags!  
\*SIGN UP IN ADVANCE\*
- Burn\*\*** A full body, high-intensity, low-equipment workout. This class is structured with short bursts of cardio intervals paired with strength training. A great way to burn fat while toning your entire body.
- BUTI Yoga\*\*** BUTI Yoga is a dynamic and soulful combination of Power Yoga, Kundalini, strength-building plyometric movements, and tribal dance. BUTI is an Indian Marathi word that means "a cure that has been hidden or kept secret."
- Fire\*  
Fire:30\*** Bring out the FIRE within form during this body weight, Interval Training class! Come prepared to sweat, be challenged, and grow. This class is full of plyometric movements strength, and conditioning for your entire body. Join this energetic class!
- Guts & Butts\*** This class has two objectives: (1) Chisel your core and spark your metabolism with challenging, six pack exercises that build abdominal muscles and enhance total body performance. (2) Strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful.
- HIIT:30\*\*** High Intensity Interval Training (HIIT) will transform your body in a short amount of time through strength and cardiovascular activity. In this class you will use a variety of weights as well as your own body. This training is a great way to burn more calories, improve performance, and teach your body how to burn more fat.
- Ignite\*\*** Come ready to ignite your core! This 30 minute class is designed to help you tone with using only body weight and micro movements while focusing on your core.
- Just Lift\*  
Just Lift 30\*** Just Lift is a fundamental strength & conditioning class designed to strengthen the entire body with a variety of sequences & equipment. In some cases, our instructors will challenge members but modifications are always provided. On Tuesdays & Thursdays we split the workout into upper & lower body workouts.
- Mat Pilates\*** This Pilates class is a low-equipment, complete mat program to tone your entire body. Pilates creates core strength, improves posture, balance, and flexibility. It increases energy & provides complete awareness between the body and the mind. Tension and stress relief are added benefits of this class!
- PiYo\*\*** Get ready to experience a strong combination of the best Pilates and yoga-inspired moves and crank up the speed to give you full throttle cardio, strength, and flexibility training all at once. PiYo packs it ALL into each workout so you can build lean muscle mass as you're burning calories.
- Ride:30\*  
Ride:45\*** A cardio workout on a stationary bike based on cycling principles. Classes are technique-based and/or real terrain-based that can make an unpredictable, fun and challenging ride. Each instructor brings their own style of music making each class unique! \*SIGN UP IN ADVANCE\*
- Synergy\*** A non-studio, exciting circuit workout on the synergy piece in between studio A & B. Created and led by Certified Personal Trainers. This class creates a transformational and inspiring fitness experience. Sign up in advance: only 10 spaces available! \*SIGN UP IN ADVANCE\*
- Turbo Kick\*** Traditional kickboxing moves meet high-intensity, interval training (HIIT) meets PARTY for an unbelievable calorie burn. Get ready to have a blast getting into knockout shape. You will learn hard-hitting combos while torching fat and carving lean muscle in the most empowering class you've ever taken!
- Yoga Flow\*\*** An energetic flow that connects dynamic movements with the breath, taking you through sun salutations, and other movements before you enter a state of deep relaxation through savasana. Yoga Flow improves strength, flexibility, and concentration. It will leave you feeling confident and energized!
- ZenRide\*** A cardio workout on a stationary bike that provides you the opportunity for a stronger body, clearer mind, and lighter spirit. \*SIGN UP IN ADVANCE\*
- Zumba\*** Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Enjoy music of all genres and dance away the calories!
- 30/30\*** This cardio and strength training workout consists of 30 minutes of Ride followed by 30 minutes of body weight circuit training.

- yoga/stretch/pilates
- strength & conditioning
- athletic training
- spinning
- martial arts
- dance

CLASS LEVEL CODE:  
 \*Beginner- Intermediate  
 \*\*Intermediate- Advanced.  
 All levels are welcome to all classes.

