














GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
	 SPINNING 8:30AM-9:15AM		 SPINNING 8:30AM-9:15AM		 LIFT 8AM-8:50AM	
YOGA STRENGTH 9AM-10AM	 PILOXING 9:15AM-10AM	YOGABARRE AND BALL 9AM-10AM		YOGA STRENGTH 9AM-10AM		
 SilverSneakers by Tivity Health 10:30AM-11:30AM		 SilverSneakers by Tivity Health 10:30AM-11:30AM	 SilverSneakers by Tivity Health YOGA 10:30AM-11:15AM	 SilverSneakers by Tivity Health 10:30AM-11:30AM		
STEPFusion 4:25PM-5:25PM	 PiYO LIVE!! 4:25PM-5:10PM	STEPFusion 4:25PM-5:25PM	 SPIKED 4:25PM-5:25PM			
 UR RIPPED 5:35PM-6:35PM	 PILOXING 5:15PM - 6:00PM	 LIFT 5:35PM-6:25PM				

CLASS DESCRIPTIONS

PILOXING

A unique blend of standing pilates, yoga, and controlled kickboxing! Piloxing combines the power, speed, and agility of controlled kickboxing with the sculpting, toning, and flexibility of pilates and yoga. Expect a calorie burning, core-focused, challenging interval-based cardio workout all in 45 minutes!

YOGABARRE AND BALL

A blend of yoga flow with ballet barre exercises. A chair is utilized as a “barre.” Add in exercises on the Stability Ball and this challenging and unique workout will definitely shape your body while moving graceful to music. (55-60 min)

YOGA STRENGTH

This interval-based class develops and utilizes a progressive series of combinations, exercises, and variation flows of yoga and weights. Each workout has a variety of standing poses and floor exercises. (55-60 min)



What is SPIKED? SPIKED is a kickboxing class that incorporates intense athletic drills between your punches and kicks in order to give your workout a boost like no other cardio class! Come prepared to work hard! (55-60 min)



“The One Stop Body Shock!” A high energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. This class is fun, challenging, and created for all fitness levels! (45-60 min)

STEPFusion

A creative freestyle blend of cardio utilizing the step and strength training. Expect a variety of bodyweight and free weights exercises. Each class is STEP interval-based, designed to maximize calorie burning. (60 min)



SilverSneakers - Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities of daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is utilized for seating and/or standing support. (45-60 min)

SilverSneakers - YogaStretch: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion.



The ultimate cardio ride! Enjoy the journey of hills, flat trails, and vigorous races with others while the instructor guides you to a higher level of cardio fitness and leg endurance! (40 min)



PiYO live! = pilates + yoga + non-stop movement. Sweat, stretch, and strengthen all in one unique workout created by Chalene Johnson. Using only your body weight, you'll perform a series of low-impact, high-intensity pilates and yoga inspired moves to great music to work every single muscle in your body. (55-60 min)

LIFT

Love BODYPUMP? Then this full-body resistance training workout is what you need! Utilize barbells as well as dumbbells and sculpt the entire body in an hour or less! (50-60 min)