

# Class Schedule

# January

Monday to Thursday / 5 am – 8 pm  
 Friday / 5 am – 7 pm  
 Saturday and Sunday / 7 am – 3 pm

Class descriptions on back.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 – 7 am <b>Power Flow Yoga</b> <i>Shaylee / Studio</i>	5:30 – 6:30 am <b>SHiNE</b> <i>Beka / Studio</i>	5:30 – 6:30 am <b>SHiNE / UPLIFT</b> <i>Stacy, Beka, Jamie / Studio</i>	5:30 – 6:30 am <b>SHiNE</b> <i>Beka / Studio</i>	5:30 – 6:30 am <b>UPLIFT *NEW CLASS</b> <i>Jamie / Studio</i>
8:30 – 9:30 am <b>SHiNE Dance Fitness + UPLIFT</b> <i>Stacy / Studio</i>	Noon – 12:30 pm <b>Yoga</b> <i>Linda / Studio</i>	8:30 – 9:30 am <b>SHiNE LIGHT Dance Fitness</b> <i>Mikki / Studio</i>	10 – 10:45 am <b>Intermediate Strength Training and Balance</b> <i>Charmayne / Studio</i>	8:30 – 9:30 am <b>SHiNE LIGHT Dance Fitness</b> <i>Mikki / Studio</i>
10:45 – 11:15 am <b>Basic Strength Training and Balance *NEW CLASS</b> <i>Charmayne / Studio</i>	5:30 – 6:15 pm <b>Circuit Training</b> <i>Layton / Fitness Floor</i>	10 – 10:45 am <b>Basic Strength Training and Balance</b> <i>Kendall / Studio</i>	5:30 – 6:30 pm <b>SHiNE Dance Fitness + UPLIFT</b> <i>Stacy / Studio</i>	10 – 10:45 am <b>Basic Strength Training and Balance</b> <i>Layton / Studio</i>
11:30 am – Noon <b>Total Body Strength</b> <i>Charmayne / Studio</i>		Noon – 12:30 pm <b>Pilates</b> <i>Jayla / Studio</i>		Noon – 12:30 pm <b>Cardio Core</b> <i>Kendall / Fitness Floor</i>
Noon – 12:30 pm <b>Circuit Training</b> <i>Kendall / Fitness Floor</i>		5:30 – 6:15 pm <b>Trainer's Choice</b> <i>Seth / Fitness Floor</i>		
5:30 – 6:30 pm <b>UPLIFT *NEW CLASS</b> <i>Jamie / Studio</i> <i>1/12 Sub SHiNE with Mikki</i>				8:30 – 9:30 am <b>SHiNE/UPLIFT</b> <i>Beka / Stacy / Jamie / Mikki / Studio</i>

CLOSED – New Year's Day, January 1

**L** = Low Intensity **M** = Moderate Intensity **H** = High Intensity

### **Basic Strength Training and Balance** **L**

This class is open to anyone, but geared for the 55+ population. Using a variety of equipment you will work on muscle endurance, muscle strength, balance and an overall low intensity total body workout.

### **Intermediate Strength Training and Balance**

is an excellent next step for participants looking to continue their progress from this class.

### **Cardio Core** **M**

A fun-filled class that integrates a variety of cardio and core conditioning exercises for a balanced and invigorating workout.

### **Circuit Training** **L/M/H**

Challenge your cardio workouts and strength systems in this high energy, total body conditioning class. Circuit training is a total body challenge that is designed to combine resistance training and aerobics that will target strength building and improve muscular endurance through various stations.

### **Pilates** **L/M**

A class designed to work on your flexibility, core strength and endurance by performing movements that flow together in a graceful and efficient way.

### **Power Flow Yoga** **M (New)**

This invigorating vinyasa yoga sequence works for all ages, body types and physical abilities because it is not fixed; it is adaptable to every student. It is a blueprint that encourages creativity from a sound structure.

### **SHiNE Dance Fitness** **M**

This class brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet and hip-hop movements, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable and confident.

### **SHiNE LIGHT Dance Fitness** **M**

Uses all the same routines you find in SHiNE, but we reduce impact, increase stability and modify the moves to meet a variety of needs. It's a mood-lifting, confidence-boosting experience for anyone looking for a more inclusive approach to dance fitness.

### **Total Body Strength** **M/H**

A resistance class that focuses on the principles of strength training to help you increase strength and sculpt the body. This class will push you to do less reps with more weight to maximize your strength potential. You will use a variety of equipment, bodyweight, barbells and dumbbells.

### **Trainer's Choice** **L/M/H**

This is a surprise class which will be decided upon by the trainer. This is sure to be a good time.

### **UPLIFT** **M**

SHiNE Dance Fitness version of strength-training! It's the perfect balance of effective and FUN! This is not a dance class, but each routine is choreographed to iconic music. Routines may include equipment, and will include full body strengthening. This UPLIFTING experience leaves you feeling strong and confident.

### **Yoga** **L/M**

This class will teach individuals the basic fundamentals of yoga, which places the body with intention and purpose. Students will learn how to connect breath to movement through aligning the body, building strength and how to find clarity in the mind, leading to relaxation and stress relief.