

# Class Schedule

# September

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

Class descriptions on back.

**\* New Class!**

## MONDAY

8:30 – 9:30 am  
**SHiNE Dance Fitness + UPLIFT**  
 Stacy / Studio

11:30 am – Noon  
**Total Body Strength**  
 Charmayne / Studio

Noon – 12:30 pm  
**Circuit Training**  
 Kendall / Fitness Floor

## Saturday

8:30 – 9:30 am  
**SHiNE Dance Fitness**  
 Mikki and Stacy / Studio

## TUESDAY

5:30 – 6:30 am  
**UPLIFT**  
 Jamie / Studio

7:45 – 8:15 am  
**Beginner's Strength**  
 Emma / Studio

8:30 – 9 am  
**Upper Body Pilates**  
 Emma / Studio

9:15 – 9:45 am  
**Ignite Your Fire Inner Yoga**  
 Emma / Studio

Noon – 12:30 pm  
**Yoga**  
 Linda / Studio

5:30 – 6:15 pm  
**Circuit Training**  
 Layton / Fitness Floor

## WEDNESDAY

5:30 – 6:30 am  
**SHiNE Dance Fitness**  
 Beka / Studio

8:30 – 9:30 am  
**SHiNE LIGHT Dance Fitness**  
 Mikki / Studio  
**Canceled September 3**

10 – 10:45 am  
**Basic Strength Training and Balance**  
 Kendall / Studio

Noon – 12:30 pm  
**Pilates**  
 Jayla / Studio

5:30 – 6:15 pm  
**Trainer's Choice**  
 Seth / Fitness Floor

## THURSDAY

5:30 – 6:30 am  
**UPLIFT**  
 Jamie / Studio

10 – 10:45 am  
**Intermediate Strength Training and Balance \***  
 Charmayne / Studio

5:30 – 6:30 pm  
**SHiNE Dance Fitness + UPLIFT**  
 Stacy / Studio

## FRIDAY

5:30 – 6:30 am  
**SHiNE Dance Fitness**  
 Beka / Studio

8:30 – 9:30 am  
**SHiNE LIGHT Dance Fitness**  
 Mikki / Studio  
**Canceled September 5,**  
**Makeup Class UPLIFT**  
**5:30 - 6:30 pm, Jamie**

10 – 10:45 am  
**Basic Strength Training and Balance**  
 Layton / Studio

Noon – 12:30 pm  
**Cardio Core**  
 Kendall / Fitness Floor

**Fitness Center Closed September 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.

### **Beginners Strength L/M**

A class aimed at those new or seeking more confidence strength training! It will include a series of low-moderate intensity strength training exercises to help you increase strength gradually. A lot of dumbbell fundamentals. This will be a great addition to your cardio workouts!

### **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.

### **HIIT M/H**

"High Intensity Interval Training." This class is designed to be a total body, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to burn fat and improve your endurance. Modifications for all fitness levels are provided.

### **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.

### **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.

### **Upper Body Pilates L/M**

Strengthen, sculpt and tone your upper body! This class focuses on building strength and stability in the arms, shoulders, chest and back while engaging the core for a full-body workout. Using controlled movements, light resistance, and mindful breathing, you'll improve posture, flexibility and muscle endurance without heavy lifting.

### **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.

### **Ignite Your Inner Fire Yoga L/M**

A high-energy yoga sculpt class that fuses powerful vinyasa flow with strength-building moves. Expect upbeat music, light weights and a fiery full-body workout that tones, energizes and empowers from the inside out.

### **UPLIFT (New) 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.