

Class Schedule May

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

Class descriptions on back.

MONDAY

6 – 6:45 am
HIIT
Aubrey / Gym Floor

NEW CLASS
Noon – 12:30 pm
Walking Group
Charmayne

12:15 – 12:45 pm
Power Yoga
Linda / Studio

5 – 6 pm
Group Circuit
Nikki / Gym Floor

5:30 – 6:15 pm
CIZE Cardio
Lauren / Studio

TUESDAY

Noon – 12:30 pm
Step and Sculpt
Charmayne / Studio

5 – 5:30 pm
Beginner's Strength
Spencer / Gym Floor

WEDNESDAY

6 – 6:45 am
Total Body Strength
Luke / Gym Floor

11:30 am – Noon
PiYo
Melissa / Studio

Noon – 12:30 pm
Beginner's Bootcamp
Adam / Gym Floor

12:15 – 12:45 pm
Restorative Yoga
Linda / Studio

4:30 – 5 pm
Cardio Strength Training
Michaela / Studio

5 – 5:45 pm
Trainer's Choice
Nikki / Gym Floor

5:30 – 6:15 pm
Turbo Kick
Lauren / Studio


THURSDAY

Noon – 12:30 pm
Cardio Strength Training
Melissa / Studio

5 – 5:30 pm
Total Body Strength
Adam / Gym Floor

FRIDAY

6 – 6:45 am
HIIT
Luke / Gym Floor


NEW SATURDAY CLASS
8 am
HIIT
Spencer and Ryan

ZUMBA
5:30 – 6:15 pm
May 9, 23, 28

CLOSED
May 27 Memorial Day

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

Beginner's Bootcamp L/M

An ideal class for those looking to break a sweat, tone the body, and burn some extra calories without a lot of joint-jarring, high impact moves. All exercises can easily be made harder with added resistance. Because of the versatile toning moves and low impact cardio, this routine caters to both those who are brand new to exercise and those who are looking for a lighter, less intense workout in between more challenging workout days.

Cardio Strength Training M/H

With this high-energy class, you condition and strengthen some of the biggest muscle groups by alternating cardio and strength intervals.

CIZE Cardio M

A hip-hop dance fitness program in an easy to learn format that focuses on cardio. Each move is broken down to create success and build confidence along with getting a killer workout.

Group Circuits L/M/H

A trainer's choice of various exercises for a full body workout. This is an on-going hour-long class that you may come and go as you please. Stay for 10 or 20 minutes or more. Exercises can be tailored to meet any exercise restrictions.

HIIT High Intensity Interval Training M/H

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. Foam rolling and stretching techniques will be incorporated.

PiYo M

A class that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every muscle, big and small. No jumps and no weights, just results.

Power Yoga M

This is a faster paced Vinyasa class which is a "flow" style yoga that is energizing and rejuvenating. This class is open to all but prior yoga experience is recommended.

Restorative Yoga L/M

A class consisting of restorative poses. These "active rest" practices promote the release of stored toxins, physical stress, and mental tension. This class is for everyone. No yoga experience necessary.

Step and Sculpt M/H

A mixture of step aerobics and strength training exercises to give you a perfectly balanced workout. You will shape your body with a lot of varied, but never complex steps.

Total Body Strength L/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 M/H

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

Turbo Kick L,M,H

The ultimate cardio-kickboxing experience, Turbo Kick LIVE is perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes. Get lean, get toned, and feel unstoppable in the class that's high-energy and super addicting!

NEW CLASS

Walking Group L

Take a walk over your lunch break with great company. We will walk as a group around SBL's campus (weather permitting) for 30 minutes. This is a great way to get up and active in the middle of the day.

Zumba L/M/H

A class that combines low intensity and high intensity moves for an interval-style, calorie burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, and boosted energy.