

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

6 – 6:45 am
HIIT
Melissa / Gym Floor

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

5 – 5:45 pm
Beginner's Strength
Madeline / Gym Floor

5:30 – 6:15 pm
Yoga
Erica / Studio

WEDNESDAY

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

11:30 am – Noon
PiYo
Melissa / Studio

12:15 – 12:45 pm
Restorative Yoga
Linda / 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 – 5:45 pm
Total Body Strength
Madeline / Gym Floor

CANCELLED
PiYo - January 15
CIZE - January 22

HOLIDAY SCHEDULE
CLOSED – January 1

FRIDAY

6 – 6:45 am
HIIT
Luke / Gym Floor

Noon – 12:30 pm
Guts and Butts
Madeline / Studio
**starts Dec. 13*

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

Beginner's Strength L/M

A class aimed at beginners – it will include a series of low to moderate intensity training exercises to help you increase strength gradually. This will be a great addition to your cardio workout.

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.

Guts and Butts M

This class will focus on strengthening the core of the body – abdominals, lower back, hips and glutes.

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.

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!

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.