

# 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

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

Noon5 – 5:30 pm  
**Yoga**  
*Jamie / Studio*

## TUESDAY

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

5:30 – 6:15 pm  
**Circuit Training**  
*Angela / Studio*

## WEDNESDAY

Noon – 12:30 pm  
**HIIT**  
*Lainey / Fitness Floor*

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

## THURSDAY

6:15 – 7 am  
**Yoga**  
*Jamie / Studio*

9 – 9:30 am  
**Fit for Life**  
*Lindsey – Studio*

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

**MEMORIAL DAY**  
CLOSED – Monday, May 30

**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-moderate intensity strength training exercises to help you increase strength gradually. This will be a great addition to your cardio workouts!

**Circuit Training** M

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.

**Fit for Life** 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 to keep you Fit for Life!

**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 performing movements that flow together in a graceful and efficient way.

**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 single muscle – big and small. No jumps. No weights. Just hardcore results.

**SOULfusion** L/M

A group fitness format that is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music. It offers modifications for all levels.

**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.