

Class Schedule

March–April–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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 – 6:30 am Upper Body Strength and Conditioning Clayton / Gym Floor</p> <p>6:30 – 7 am Stretch and Roll Clayton / Gym Floor</p> <p>12:15 – 12:45 pm Power Yoga Linda / Studio</p> <p><i>NEW CLASS & INSTRUCTOR</i> 4:30 – 5:15 pm Pilates Missy / Studio</p> <p>5 – 6 pm Group Circuit Nikki / Gym Floor</p> <p>5:30 – 6:15 pm CIZE Cardio Lauren / Studio</p>	<p>6:15 – 7 am PiYo Melissa / Studio</p> <p>Noon – 12:30 pm PiYo Charmayne / Studio</p> <p><i>NEW INSTRUCTOR</i> 5 – 5:30 pm Beginner's Strength Madison / Gym Floor</p> <p>5:30 – 6:15 pm Zumba Erica / Studio</p>	<p>6 – 6:30 am Lower Body Strength and Conditioning Clayton / Gym Floor</p> <p>6:30 – 7 am Stretch and Roll Clayton / Gym Floor</p> <p>Noon – 12:30 pm Beginner's Strength Adam / Gym Floor</p> <p>12:15 – 12:45 pm Restorative Yoga Linda / Studio</p> <p>4:30 – 5 pm Total Body Burn Charmayne / Studio</p> <p>5 – 5:30 pm 10/10/10 Nikki / Gym Floor</p> <p>5:30 – 6:15 pm CIZE Live Lauren / Studio</p>	<p>6:15 – 7 am PiYo Melissa / Studio</p> <p>Noon – 12:30 pm Total Body Burn Melissa / Studio</p> <p>5 – 5:30 pm Weight Training Adam / Gym Floor</p> <p>5:30 – 6:15 pm Zumba Erica / Studio</p>	<p>6 – 6:30 am HIIT Luke / Gym Floor</p> <p>6:30 – 7 am Stretch and Roll Luke / Gym Floor</p> <p>Noon – 12:30 pm Cardio Core Clayton / Gym Floor</p> <p>3:30 – 4 pm Group Circuit Adam / Gym Floor</p>
				<p>CANCELLATIONS</p> <ul style="list-style-type: none"> • ZUMBA – March 13 & 15 • CIZE – March 19, April 16 & 30, May 2 & 21

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

10/10/10 M/H

A 30-minute class broken down into 10 minutes of strength, cardio, and abs.

Beginner's Strength L/M

A 30-minute 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 workouts.

Cardio Core L/M/H

A 30-minute class designed to strengthen the core and condition the body by using intermittent cardio-strength and endurance moves mixed with traditional core exercise.

CIZE Live M

A cardio, hip-hop dance fitness program that breaks down each move to create success and confidence, along with getting a killer workout.

CIZE Cardio M

A version of CIZE Live giving you a new way to CIZE IT UP! More cardio, less intricacy, and an easy-to-learn format.

Group Circuits L/M/H

A trainers 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 M/H

A 30-minute class of "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.

Lower Body Strength & Conditioning M/H

This class is designed to improve overall strength and conditioning of the lower body. You will be using a wide variety of equipment, as well as your own body weight to target your legs and glutes.

Pilates L/M/H

This classic Pilates class emphasizes precise body alignment, mental focus and breath work for a refreshing mind/body workout resulting in improved posture, flexibility and strength. All levels welcome.

PiYo M

A 30 to 45-minute class combining 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

A 30-minute class that is open to all, but prior yoga experience is recommended. This is a faster pace Vinyasa class which is a "flow" style yoga that is energizing and rejuvenating.

Restorative Yoga L/M

A 30-minute 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.

Stretch and Roll L/M

This class combines the use of the foam roller and stretching techniques to improve joint range of motion and reduce muscle tightness, soreness and post exercise fatigue. Using a foam roller as part of your training program will help improve your flexibility, function, performance, and reduce injuries.

Total Body Burn M/H

With this high-energy class, you can condition and strengthen some of the biggest muscle groups.

Upper Body Strength & Conditioning M/H

This class is designed to improve overall strength and conditioning of the upper body. You will be using a wide variety of equipment, as well as your own body weight to target your chest, back, shoulders, and arms.

Weight Training L/M

This non-aerobic class helps shape and strengthen muscles while building your body to burn more calories during cardio workouts.

Zumba L/M/H

A 45 to 60-minute 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.