

Class Schedule December

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

PiYo

Instructor: Melissa

Location: Studio

12:15 – 12:45 pm

Power Yoga

Instructor: Ginny

Location: Studio

5 – 6 pm

Group Circuit *

Instructor: Nikki

Location: Gym Floor

* **Group Circuit** classes are hour-long classes in which you are encouraged to come and go as you please. Drop in anytime within the hour and stay as long as you please.

TUESDAY

6 – 6:30 am

HIIT

Instructor: Luke

Location: Gym Floor

Noon – 12:30 pm

PiYo

Instructor: Melissa

Location: Studio

5 – 5:30 pm

Beginner's Strength

Instructor: Adam

Location: Gym Floor

5:30 – 6:15 pm

Zumba

Instructor: Erica

Location: Studio

WEDNESDAY

6 – 7 am

Group Circuit *

Instructor: Clayton

Location: Gym Floor

Noon – 12:30 pm

Beginner's Strength

Instructor: Adam

Location: Gym Floor

12:15 – 12:45 pm

Restorative Yoga

Instructor: Ginny

Location: Studio

5 – 5:30 pm

December Specialty Class

Grinch's Choice

Instructor: Nikki

Location: Gym Floor

THURSDAY

6:30 – 7:15 am

PiYo

Instructor: Melissa

Location: Studio

Noon – 12:30 pm

Not Your Mama's Step

Instructor: Melissa

Location: Studio

5 – 5:30 pm

Weight Training

Instructor: Adam

Location: Gym Floor

5:30 – 6:15 pm

Zumba

Instructor: Erica

Location: Studio

FRIDAY

6 – 6:30 am

December Specialty Class

Grinch's Choice

Instructor: Clayton

Location: Gym Floor

Noon – 12:30 pm

Cardio Core

Instructor: Clayton

Location: Gym Floor

3:30 – 4:30 pm

Group Circuit *

Instructor: Adam

Location: Gym Floor

Fitness Center Holiday Hours

- **CLOSED**
December 25 and January 1
- **Yoga** is CANCELLED
December 25 – January 1
- **Zumba** is only available
December 7, 12, 21, 28

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

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.

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.

Not Your Mama's Step M/H

A 30-minute 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.

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.

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.

December SPECIALTY CLASS

Grinch's Choice M/H

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