

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

NEW CLASS
6 – 6:30 am
Upper Body Strength and Conditioning
Clayton / Gym Floor

NEW CLASS
6:30 – 7 am
Stretch and Roll
Clayton / Gym Floor

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

5 – 6 pm
Group Circuit *
Nikki / Gym Floor

NEW CLASS
5:30 – 6:15 pm
CIZE Live
Lauren / Studio

TUESDAY

NEW DAY
6:15 – 7 am
PiYo
Melissa / Studio

Noon – 12:30 pm
PiYo
Charmayne / Studio

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

5:30 – 6:15 pm
Zumba
Erica / Studio

WEDNESDAY

NEW CLASS
6 – 6:30 am
Lower Body Strength and Conditioning
Clayton / Gym Floor

NEW CLASS
6:30 – 7 am
Stretch and Roll
Clayton / Gym Floor

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

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

NEW CLASS
4:30 – 5 pm
Total Body Burn
Charmayne / Studio

5 – 5:30 pm
10/10/10
Nikki / Gym Floor

NEW CLASS
5:30 – 6:15 pm
CIZE Live
Lauren / Studio

THURSDAY

6:15 – 7 am
PiYo
Melissa / Studio

Noon – 12:30 pm
Not Your Mama's Step
Melissa / Studio

5 – 5:30 pm
Weight Training
Adam / Gym Floor

5:30 – 6:15 pm
Zumba
Erica / Studio

FRIDAY

6 – 6:30 am
HIIT
Luke / Gym Floor

NEW CLASS
6:30 – 7 am
Stretch and Roll
Luke / Gym Floor

Noon – 12:30 pm
Cardio Core
Clayton / Gym Floor

3:30 – 4:30 pm
Group Circuit *
Adam / Gym Floor

Fitness Center Holiday Hours

- **CLOSED**
December 25 and January 1
- **CIZE LIVE** is CANCELLED
Monday, Jan. 22, rescheduled for Jan. 25
- **Zumba** is only in session
Jan. 9, 18, 23

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.

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.

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.

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, 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.