



	SUN	MON	TUE	WED	THU	FRI	SAT
5³⁰ am		Group Power LINDY		Group Power LINDY		Cycle LINDY	
8³⁰ am							Step/Core KASONDRA
9⁰⁰ am		Warrior Rhythm DEBBIE BodyFit	Group Power KRISTIN	Yoga MICHAEL BodyFit	Group Power REBECCA	Yoga MICHAEL BodyFit	FREE DeltaHIIT
9³⁰ am	Yoga CYNTHIA						
10⁰⁰ am							
10¹⁵ am		Cycle DEBBIE	Pilates Fusion JENNIFER H.	Cycle ERICA	Pilates Fusion JENNIFER H.	Warrior Strength JENNIFER S.	
11³⁰ am			 JENNIFER H.		 JENNIFER H.		
4⁰⁰ pm		DeltaHIIT	DeltaHIIT	DeltaHIIT		DeltaHIIT	
5³⁰ pm			Turn Up Dance Fitness KEIKI		Just Dance KASONDRA	Cardio Kick KASONDRA	
		DeltaHIIT	DeltaHIIT	DeltaHIIT		DeltaHIIT	

CLASS DESCRIPTIONS

BODYFIT

BodyFit is a high-intensity, full body workout that focuses on body-weight driven strength training and HIIT drills. Tone muscle and strengthen your core with limited lifting.

CARDIO KICK

Cardio Kick combines basic kickboxing combos with athletic movements and intervals for one hardcore workout! Get ready to punch and kick your way to increased strength, power, and agility.

Recommended: Weighted Gloves for Added Intensity

CYCLE

Cycle classes simulate outdoor cycling on a stationary bike with a weighted flywheel and focus on endurance, strength, intervals, high intensity and recovery. Cycling is a great low impact cardiovascular training method.

JUST DANCE

JUST DANCE is a high energy dance fitness party! Pop and shake it to all of the current and classic radio hits. Guaranteed to torch those calories while having a good time!

STEP/CORE

Step/Core is a high-energy class that incorporates bench stepping with choreography and upbeat music to challenge participants cardiovascularly. Includes abdominal workout towards the end of class.

Recommended: Exercise/Yoga Mat

TURN UP DANCE FITNESS

Take your fitness to the next level as we turn all the way up! Combine dance with elements of fitness: HIIT, toning, and active recovery! Let's Turn Up!

GROUP POWER

Blast all of your muscles with a high-rep weight training workout! Group Power combines squats, lunges, presses, and curls with functional integrated exercises that utilize an adjustable barbell, weight plates, and body weight. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!

PILATES FUSION

This traditional Pilates mat-based workout incorporates a fusion of Yoga, standing balance, and strength exercises with light weights. Develop better posture and balance by building a strong core, as well as aligning spinal and pelvic muscles through a series of controlled, intentional exercises. Pilates Fusion helps to improve flexibility, strength, muscle-tone and coordination with minimal stress on joints and ligaments. You will learn how to use your breath to drive the movement, creating mind/body awareness and helping you move with ease and grace. It is appropriate for most fitness levels.

Recommended: Exercise/Yoga Mat

SILVER SNEAKERS CLASSIC

Silver Sneakers Classic is designed to help improve confidence in performing activities for daily living while having fun! We use music, a supporting chair for seated and standing exercises, a small ball, elastic tubing with handles, and light hand weights to challenge movement (all provided in class). We perform exercises that will increase muscle strength, cardiovascular endurance, flexibility, balance/coordination, joint stability, increased range of motion, and mind/body awareness. Your instructor can modify the exercises for your fitness level.

WARRIOR STRENGTH

Cardio + Lifting, Warrior Strength is for all levels and all types who want to sweat and feel their muscles burn! Playlists that literally rock and original formulas make Warrior Strength a one-of-a-kind endorphin rush!

YOGA

Yoga is a great way to build strength, awareness and harmony in both the mind and body. This beginner-friendly yoga class includes mindfulness and holding stretches or poses that focus on building strength, developing balance, and connecting this with your breath.

Recommended: Exercise/Yoga Mat