



GROUP FITNESS SCHEDULE

CLASS DESCRIPTIONS

MONDAY

6:45a-7:30a	Rise N' Shine Circuit	Julie
12:15p-1:00p	Body Sculpt	Danielle
1:05p-1:50p	SWEAT	Nicole

TUESDAY

6:45a-7:30a	Sunrise Yoga	Kristin
11:30a-12:10p	Barre Fusion	Yue
12:15p-1:00p	Zumba	Tanya
12:30p-1:15p	HITT n Burn	Nicole
1:05p-1:50p	Bootcamp with Ryan	Ryan

WEDNESDAY

6:00a-6:45a	Wake UP Ride	Allison
6:45a-7:30a	Body Sculpt	Allison
12:15p-1:00p	Align & Flow Yoga	Marcy
1:05p-1:50p	Stretch & Recovery	Peter
5p-5:45p	Cardio Funk and Roll	Tanya

THURSDAY

6:45a-7:30a	HITT n Burn	Myles
12:15p-1:00p	SWEAT	Nicole
1:05p-1:50p	Body Sculpt	Nicole

FRIDAY

6:30a-7:15a	Cycle Beast	Rodney
12:15p-1:00p	Step/Sculpt	Elfreda

Cardio Funk and Roll: 30 minutes of your favorite cardio funk dance along with 15 minutes of Foam Roller to end with a good deep stretch.

BODY SCULPT: Challenge your muscles with weights, resistance bands, body bars and many more fitness toys in this 45-minute strength-based class.

HITT n Burn: For those ready to take their fitness to the next level. Training ropes, plyometrics, cardio and weights will all be used to get through this drenching workout!

Stretch & Recovery: Components to your daily workout, this class will help in recovery from wear and tear and increase flexibility and incorporate relaxation for a wonderful lunchtime break in your routine.

Wake UP RIDE: Not your traditional Spin class! Get your heart rate up while the instructor guides you through different terrain and incorporates strength training.

RISE N' SHINE CIRCUIT: Start your week off with a heart-pumping, muscle-burning class! You'll rotate through stations to work your entire body.

Cycle Beast: Indoor Spin classes can burn 350-400 calories and is perfect for all fitness levels! The instructor will guide you on a ride that mimics flat roads, hills and sprints. A Spin Card is required to reserve a bike and is available 15 minutes prior to class.

Class Requires spin bike cards available at the front desk 15 minutes prior to class.

STEP SCULPT: It's the perfect marriage of cardio and strength training! Get your heart rate up with intervals of step movements followed by intervals of resistance training.

SWEAT: This class needs no explanation. You should only ask your self one question before joining in, "Are you ready to sweat?"

Boot Camp with Ryan: Join Wellness Coach Ryan as he takes you through a quick and effective workout that will be just enough for that needed lunch break.

Align & Flow/ Sunrise YOGA: Hard day at work? Join us for total relaxation focused on breathing and getting in tune with your muscles.

ZUMBA: Ditch the workout and join the party! This class incorporates easy-to-follow, fun Latin dance moves guaranteed to make you sweat!

Barre Fusion: Use your body including core muscles in an intense cardio workout done at the ballet barre or individual mat depending on class size.