



# November Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:10am <b>SPYN-RGY</b> Trish	5:30 - 6:30am <b>BOOTCAMP</b> Jamie	5:30-6:30am <b>SPYN-RGY</b> Cassie	5:30 - 6:30am <b>BOOTCAMP</b> Lance	5:30-6:30am <b>SPYN-RGY</b> Jamie	<p>Look for our Thanksgiving Week Group Fitness Class Schedule at the front desk and Face Book by Friday, November 17<sup>th</sup></p> <p>Synergy Hours on Thanksgiving Day: 7am to 2pm</p> <p>Please join us in a Gratitude Spinning Class on Thanksgiving Day from 8 to 9am</p>	
6:15 - 7:00am <b>TOTAL BODY</b> Trish	6:00-7:00am <b>Yoga</b> James		6:00-7:00am <b>Yoga</b> James	6:35 - 7:00am <b>CORE-X</b> Jamie		
8:30 - 9:15am <b>SPYN-XPRESS</b> Jamie	7:00-8:00am <b>CycleFlow</b> Tom	8:30-9:30am <b>TREADMILL BOOTCAMP</b> Jamie	7:00-8:00am <b>CycleFlow</b> Tom	8:30 - 9:30am <b>Barre Sculpt</b> Hermine	8:00-9:00am <b>CycleFlow</b> Tom	8:15-9:15am <b>Bootybarre</b> Hermine
9:20-10:00am <b>TOTAL BODY</b> Jamie	8:30 - 9:30am <b>Cardio Kickboxing</b> Annie & Pam	10:00 - 11:00am <b>Fit for Life</b> Annie	8:30 - 9:30am <b>Power Yoga</b> James	10:00 - 11:00am <b>Fit for Life</b> Phyllis	9:15 - 10:15am <b>HIIT IT!</b> Lauren	9:35-10:35am <b>Yoga</b> Monica
12:10-1:00pm <b>X-FIT EXPRESS</b> Lance		12:10-1:00pm <b>X-FIT EXPRESS</b> Lance		12:10-1:00pm <b>X-FIT EXPRESS</b> Lance	10:30-11:30am <b>Zumba!</b> Kerri	10:30-11:15am <b>Intro to Spinning</b> November 19 <sup>th</sup> Trish
4:30 -5:30pm <b>TOTAL BODY</b> Deb	4:30 -5:30pm <b>Barre Sculpt</b> Hermine	4:30 -5:30pm <b>Power Ball</b> Pam	4:30 -5:30pm <b>Barre Sculpt</b> Hermine	<p><b>Veterans Yoga Project</b> Supporting Resilience &amp; Recovery</p> <p>Express your Gratitude for our Troops during Veterans Gratitude Week, November 5 -12</p> <p>♥</p> <p>Join our own Monica Weeber as she leads a donation based yoga class to benefit Veterans Yoga Project Sunday, 11/12 9:35 to 11 am. All levels WELCOME!</p>		
5:30-6:30pm <b>X-FIT</b> Pat	5:45-6:45pm <b>Zumba!</b> Christian	5:30-6:30pm <b>X-FIT</b> Lance	5:45-6:45pm <b>Strong by Zumba™</b> Kristi			
5:45-6:45pm <b>Rhythm Cycle</b> Chip	5:45-6:45am <b>SPYN-RGY</b> Sarah <b>New!!</b>	5:45-6:45pm <b>CycleFlow</b> Tom	<p><b>Get your Zumba! On!!</b></p> <p><b>10-Class punch cards \$99</b></p>			

<b>Strength &amp; Conditioning Classes</b>	
<b>BOOTCAMP</b>	Strength and conditioning class includes drills, circuit training, calisthenics, and outdoor activity.
<b>TREADMILL BOOTCAMP:</b>	Add treadmills to all the above. Designed to "shock" the body to improve your cardiovascular system, torching calories and building muscle.
<b>CORE-X</b>	A 30-minute class devoted to your core strength! This creative and fun environment will have you feelin' it right away!
<b>HIIT IT!</b>	High Intensity Interval Training...short intense periods of exercise punctuated by active recovery periods. The ultimate Fat burner!
<b>Fit for Life</b>	This fun filled class is fit for all types and levels! Playing with functional exercises, you'll build muscle and burn fat using light weights, steps, balls, bands and your own body weight.
<b>Power Ball</b>	Find your optimum strength potential in this deep muscle work-out utilizing a variety of physio-balls of all sizes and techniques.
<b>TOTAL BODY</b>	Discover and enhance your potential strength and capabilities as you play with toys that sculpt your entire body!
<b>X-FIT &amp; X-FIT EXPRESS</b>	A conditioning and sculpting class that keeps things changing with cardio and strength elements. This high intensity endurance style class is recommended for intermediate to advanced participants.
<b>Dance Inspired Classes</b>	
<b>Zumba™</b>	Latin dance and aerobic moves create a fast paced, effective, fun workout. JOIN THE PARTY!
<b>STRONG</b>	A high intensity interval training workout driven by a synced music motivation.
<b>Yoga and Pilates Classes</b>	
<b>Barre Sculpt</b>	A Pilates flavored high intensity class utilizing a ballet barre that combines moves to enhance your strength and flexibility.
<b>Bootybarre</b>	Bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.
<b>Yoga</b>	Yoga works to balance the energies of the mind with those of the body through physical exercises (asanas) and controlled breathing calming the mind.
<b>Power Yoga</b>	Strength, flexibility, balance and loads of fun! This physically rigorous form of simple flow-yoga movement amps up your core strength, balance and burns those calories. Challenge your body and your mind with this complete mind/body workout!
<b>Yoga Ball</b>	Yoga ball combines the use of a stability ball and yoga poses for core strength and flexibility. Seasonal: from November thru April.
<b>Cycling Classes</b>	
	<b>Spinning is a motivating workout where you control the pace! New riders please arrive 5-10 minutes before the start of class to get set up. All levels of riders are welcome, from "never done it" to outdoor riding enthusiasts! It's your ride!</b>
<b>Intro to Spinning</b>	Find out what all the buzz is about! Spinning is a specific format of indoor cycling accompanied by your favorite tunes. Seasonal: November thru April.
<b>SPYN-RGY</b>	A cardio workout on a stationary bike that gets your heart pumping to energizing music.
<b>Cycle Flow</b>	A music driven interval cycling class with an emphasis on a fun beat-induced cadence layered with seamless transitions from low to high intensity output.
<b>Rhythm Cycle</b>	Focus on your breath, beat and cadence in this endurance spinning environment. Let the music move you!!
<b>Specialty Classes</b>	
<b>Cardio Kickboxing</b>	Cardio Kickboxing is the perfect total body workout, and the fastest way to that toned fighter physique you seek. Come ready to sweat like crazy, build a rock-solid core, and burn hundreds of calories.