



September 2018 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am SPYN-RGY Jamie	5:30 - 6:30am BOOTCAMP Erin	5:30-6:30am SPYN-RGY Cassie	5:30 - 6:30am JumpStart Lance	5:30-6:30am SPYN-RGY Kaz	Get your Zumba On! 10 Classes for \$99	
6:35 - 7:00am PLANK Jamie	6:00-7:00am Yoga James	6:35 - 7:00am PLANK Cassie	6:00-7:00am Yoga James	6:35 - 7:00am TOTAL BODY Trish	8:00-9:00am CycleFlow Tom	
8:30 - 9:15am SPYN-XPRESS Deb	6:30-7:30am CycleFlow Tom		6:30-7:30am CycleFlow Tom		8:00 -9:0am Pilates Hermine	8:15-9:15am Bootybarre Hermine
9:20-10:00am TOTAL BODY Deb	8:30 -9:30am Mat Pilates Hermine	8:30-9:30 Power Yoga Lynn	New 8:30 -9:30am Cardio Step Lynn	8:30 -9:30am Barre & Stability Ball Hermine	9:15 - 10:15am HIIT IT! Lauren	
10:15 - 11:15am Fit for Life Lynn		10:00 - 11:00am Fit for Life Erin		10:00 - 11:00am Fit for Life Phyllis	10:30-11:30am Zumba! Kathy	9:35-10:35am Yoga Monica
12:10-1pm XBlast Lance		12:10-1pm XBlast Lance			Labor Day hours: 7am to 2pm Labor Day Classes: SPYN-XPRESS - 8:30 to 9:15 Total Body - 9:20 to 10am September Personal Training Special.... 12 pack of Training for \$600!! Savings of \$60. All smoothies are \$1.00 off during the month of September!!	
	4:30 -5:30pm BarSculpt Hermine		4:30 -5:30pm BarSculpt Hermine			
New 5:45-6:45pm Power Yoga Lynn	New 5:45-6:45pm Pound Megan	5:45-6:45pm XBlast Lance	5:45-6:45pm Zumba! Kathy	5:15-6:15pm Healthy Hour Erin		

Strength & Conditioning Classes	
BOOTCAMP	<i>Strength and conditioning class includes drills, circuit training, calisthenics, and outdoor activity.</i>
PLANK	<i>A 30-minute class devoted to your core strength! This creative and fun environment will have you feelin' it right away!</i>
HIIT IT!	<i>High Intensity Interval Training...short intense periods of exercise punctuated by active recovery periods. The ultimate Fat burner!</i>
Fit for Life	<i>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.</i>
Power Ball	<i>Find your optimum strength potential in this deep muscle work-out utilizing a variety of physio-balls of all sizes and techniques. October thru April</i>
TOTAL BODY	<i>Discover and enhance your potential strength and capabilities as you play with toys that sculpt your entire body!</i>
JumpStart	<i>Start your engines! Now, this is the way to get your day off on the best foot. Connect to your power source in this innovative rousing fitness environment. With a start like this you'll be torching those calories all day long!</i>
XBlast	<i>A conditioning and sculpting class that encourages your body's journey to higher levels of fitness with cardio and strength elements. This high energy endurance style class is recommended for those who like a challenge.</i>
Dance Inspired Classes	
Zumba™	<i>Latin dance and aerobic moves create a fast paced, effective, fun workout. COME JOIN THE PARTY!</i>
Yoga and Pilates Classes	
BarSculpt	<i>A Pilates flavored high intensity class utilizing a ballet barre that combines moves to enhance your strength and flexibility.</i>
Bootybarre	<i>Bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.</i>
Pilates & Mat Pilates	<i>Mat Pilates helps to strengthen the core, lengthen the spine, increase body awareness, build muscle tone and gain flexibility. Props are sometimes used to enhance the exercises. This class is for all fitness levels with modifications always available.</i>
Yoga & Power Yoga	<i>Yoga works to balance the energies of the mind with those of the body through physical exercises (asanas) and controlled breathing calming the mind. Power Yoga is a smooth and consistent flow of strength building movements designed to increase flexibility, strength and peace of mind.</i>
Yoga Ball	<i>Yoga ball combines the use of a stability ball and yoga poses for core strength and flexibility. Seasonal: from November thru April.</i>
Cycling Classes	
	<i>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 yourride!</i>
Intro to Spinning	<i>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.</i>
SPYN-RGY	<i>A cardio workout on a stationary bike that gets your heart pumping to energizing music.</i>
Cycle Flow	<i>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.</i>
Rhythm Cycle	<i>Focus on your breath, beat and cadence in this endurance spinning environment. Let the music move you!!</i>
Specialty Classes	
POUND	<i>An exciting and fun drum beat inspired cardio fest. Anyone can do it!</i>
Cardio Step	<i>Flashback? Yes, step is back. This cardio rich format gets the calories before they get you. Fun for everyone!</i>
Healthy Hour	<i>Strongest start to your weekend, you warrior, you. A full body circuit with plates, resistance bands, ladders, ropes, wall ball, and more.</i>