



November 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	8:00-9:00am CycleFlow Tom	 10 Classes \$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 -9:0am Pilates Hermine	
8:30 - 9:15am SPYN-XPRESS Deb	6:30-7:30am CycleFlow Tom		6:30-7:30am CycleFlow Tom			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 - 9:15am SPYN-XPRESS Lynn	8:30 -9:30am Barre & Stability Ball Hermine	9:15 - 10:15am HIIT IT! Lauren	9:35-10:35am Yoga Monica
10:15 - 11:15am Fit for Life Phyllis		10:15 - 11:15am Fit for Life Erin	9:20-10:00am TOTAL BODY Lynn	10:15 - 11:15am Fit for Life Phyllis	10:30-11:30am Zumba! Kathy	November 18th 10:30-11:15am Intro to Spin Trish
12:10-1pm Zone-In Lance		12:10-1pm Zone-In Lance		New! 12:10 - 1pm Restorative Yoga Lara	Thanksgiving day hours 7am to 2pm Thanksgiving class schedule from Thanksgiving thru Saturday Thursday SPYN-RGY 8 to 9am Friday SPYN-RGY 5:30 to 6:30am Total Body 6:35 to 7am Fit for Life 10:15 to 11:15 Healthy Hour 5:15 to 6:15pm Saturday CycleFlow 8 to 9am HIIT IT 9:15 to 10:15 Zumba 10:30 to 11:30am	
4:30 -5:30pm Tabata Pam	4:30 -5:30pm BarSculpt Hermine	4:30 -5:30pm Power Yoga Lara	4:30 -5:30pm BarSculpt Hermine	4:30 -5:10pm Mind-Body-Spin Pam		
5:45-6:45pm Rhythm Cycle Chip		5:45-6:45pm Rhythm Cycle Sarah				
5:45-6:45pm Power Yoga Lynn	5:45-6:45pm Pound Megan	New! 5:45-6:45pm Winter Sport Conditioning 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>
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>
Winter Strength Conditioning	<i>You'll get in your best shape and ready to enjoy the snow! Workouts tailored to improve strength, endurance and balance.</i>
Zone-in	<i>Find your optimum calorie burn, muscle churn, Zone right here. All in 45 minutes that'll make your day!</i>
Yoga & Barre Offerings	
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	<i>Yoga works to balance the energies of the mind with those of the body through physical exercises and controlled breathing calming the mind. Learn from a dynamic veteran teacher the practices of yoga, Pranayama & meditation in a friendly environment.</i>
Power Yoga	<i>Power Yoga is a smooth and consistent flow of strength building movements designed to increase flexibility, strength and peace of mind.</i>
Restorative Yoga	<i>Step away from the frenetic activity of daily life and go inward. Among many things, restorative yoga can give you a sense of peace and calm in a busy world.</i>
Spinning Classes	<i>New riders please arrive 5-10 minutes early to get comfy. All levels welcome, it's your ride!</i>
Intro to Spinning	<i>Awesome calorie burner, 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. Immediate benefits include increased leg strength, knee stabilization and weight loss, all in a party atmosphere. Oh yeah, you'll burn anywhere from 300 to 500 calories, too! Yes, per class.</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>
Mind-Body-Spin	<i>Kick off your weekend feeling strong and centered! Work your body and your mind in this challenging and inspirational journey.</i>
Specialty Classes	
POUND	<i>An exciting and fun drum beat inspired cardio fest. Anyone can do it!</i>
Tabata	<i>Intervals of high intensity drills followed by short recoveries. Enjoy more range of motion via this technique known as Myofascial release that increases flexibility, reduces muscular pain and improves circulation. Followed by 20 minutes of myofascial release or rolling.</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>
Zumba™	<i>Latin dance and aerobic moves create a fast paced, effective, fun workout. COME JOIN THE PARTY!</i>