



# October 2018 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am <b>SPYN-RGY</b> Jamie	5:30 - 6:30am <b>BOOTCAMP</b> Erin	5:30-6:30am <b>SPYN-RGY</b> Cassie	5:30 - 6:30am <b>JumpStart</b> Lance	5:30-6:30am <b>SPYN-RGY</b> Kaz	Get your <b>Zumba On!</b> 10 Classes for \$99 	
6:35 - 7:00am <b>PLANK</b> Jamie	6:00-7:00am <b>Yoga</b> James	6:35 - 7:00am <b>PLANK</b> Cassie	6:00-7:00am <b>Yoga</b> James	6:35 - 7:00am <b>TOTAL BODY</b> Trish	8:00-9:00am <b>CycleFlow</b> Tom	
8:30 - 9:15am <b>SPYN-XPRESS</b> Deb	6:30-7:30am <b>CycleFlow</b> Tom		6:30-7:30am <b>CycleFlow</b> Tom		8:00 -9:0am <b>Pilates</b> Hermine	8:15-9:15am <b>Bootybarre</b> Hermine
9:20-10:00am <b>TOTAL BODY</b> Deb	8:30-9:30am <b>Mat Pilates</b> Hermine	8:30-9:30 <b>Power Yoga</b> Lynn	<b>New!</b> 8:30 -9:30am <b>Step'n Sculpt</b> Lynn	8:30 -9:30am <b>Barre &amp; Stability Ball</b> Hermine	9:15 - 10:15am <b>HIIT IT!</b> Lauren	
10:15 - 11:15am <b>Fit for Life</b> Phyllis		10:15 - 11:15am <b>Fit for Life</b> Lynn		10:15 - 11:15am <b>Fit for Life</b> Phyllis	10:30-11:30am <b>Zumba!</b> Kathy	9:35-10:35am <b>Yoga</b> Monica
12:10-1pm <b>Zone-In</b> Lance		12:10-1pm <b>Zone-In</b> Lance			<b>Small group training program with personal trainer, Jess Voyer Tuesdays from 11:30am to 12:30pm. Four training sessions for only \$60 Class begins Tuesday, October 9<sup>th</sup> It's so much fun!! Sign up at Member Services today!!</b>  <b>Try a delicious and very nutritious Pumpkin Smoothie only \$7 this month!!</b>	
<b>New!</b> 4:30 -5:30pm <b>Tabata</b> Pam	4:30 -5:30pm <b>BarSculpt</b> Hermine	4:30 -5:30pm <b>Power Yoga</b> Lara	4:30 -5:30pm <b>BarSculpt</b> Hermine	<b>New!</b> 4:30 -5:10pm <b>Mind-Body-Spin</b> Pam		
5:45-6:45pm <b>Rhythm Cycle</b> Chip		5:45-6:45pm <b>Rhythm Cycle</b> Sarah				
5:45-6:45pm <b>Power Yoga</b> Lynn	5:45-6:45pm <b>Pound</b> Megan	5:45-6:45pm <b>XBlast</b> Lance	5:45-6:45pm <b>Zumba!</b> Kathy			

<b>Strength &amp; Conditioning Classes</b>	
<b>BOOTCAMP</b>	Strength and conditioning class includes drills, circuit training, calisthenics, and outdoor activity.
<b>PLANK</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. November thru April
<b>TOTAL BODY</b>	Discover and enhance your potential strength and capabilities as you play with toys that sculpt your entire body!
<b>JumpStart</b>	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!
<b>XBlast</b>	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.
<b>Zone-in</b>	Find your optimum calorie burn, muscle churn, <b>Zone</b> right here. All in 45 minutes that'll make your day!
<b>Dance Inspired Classes</b>	
<b>Zumba™</b>	Latin dance and aerobic moves create a fast paced, effective, fun workout. COME JOIN THE PARTY!
<b>Yoga and Pilates Classes</b>	
<b>BarSculpt</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>Pilates &amp; Mat Pilates</b>	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.
<b>Yoga &amp; Power 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. Power Yoga is a smooth and consistent flow of strength building movements designed to increase flexibility, strength and peace of mind.
<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>Spinning Classes</b>	
<b>Intro to Spinning</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 comfy. Everyone is welcome, from "never done it" to outdoor riding enthusiasts! It's your ride!</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. 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.
<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>Mind-Body-Spin</b>	Kick off your weekend feeling strong and centered! Work your body and your mind in this challenging and inspirational journey. Duration: 40 minutes.
<b>Specialty Classes</b>	
<b>POUND</b>	An exciting and fun drum beat inspired cardio fest. Anyone can do it!
<b>Stepn' Sculpt</b>	Best of all worlds, make muscles, lose inches! Great music. Fun for everyone!
<b>Tabata</b>	You'll love this roller coaster ride! Timed intervals of high intensity drills followed by short recoveries. In no time you'll enjoy more range of motion via this alternative therapy known as Myofascial release. This environment has been shown to enhance skeletal muscle mobility, reduce muscular pain, improve overall circulation, and stimulate the stretch reflex in muscles. Directly followed by 20 minutes of myofascial release or rolling.
<b>Healthy Hour</b>	Strongest start to your weekend, you warrior, you. A full body circuit with plates, resistance bands, ladders, ropes, wall ball, and more. Starts in November.

