



# January 2019 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	8:00-9:00am <b>CycleFlow</b> Tom	 May the new year be all you envision and train towards. Enjoy your journey!
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 -9:0am <b>Pilates</b> Hermine	
8:30 - 9:15am <b>SPYN-XPRESS</b> Deb	6:30-7:30am <b>CycleFlow</b> Tom	<i>my</i>	6:30-7:30am <b>CycleFlow</b> Tom	<i>year!</i>	9:15-10:15am <b>Rhythm Cycle</b> Chip	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	8:30 - 9:15am <b>SOUL-SPYN</b> Lynn	8:30 -9:30am <b>Barre &amp; Stability Ball</b> Hermine	9:15-10:15am <b>HIIT IT!</b> Lauren	9:35-10:35am <b>Yoga</b> Monica
10:15 - 11:15am <b>Fit for Life</b> Phyllis	<i>is</i>	10:15 - 11:15am <b>Fit for Life</b> Erin	9:20-10:00am <b>Core 'n More</b> Lynn	10:15 - 11:15am <b>Fit for Life</b> Phyllis	10:30-11:30am <b>Zumba!</b> Kathy	January 13th 10:30-11:15am <b>Intro to Spin</b> Trish
12:10-1pm <b>Zone-In</b> Lance	<i>this</i>	12:10-1pm <b>Zone-In</b> Lance		12:10 - 1pm <b>Restorative Yoga</b> Lara	<div style="background-color: #f08080; padding: 10px; text-align: center;"> <p><i>Start the New Year right.... Personal Training Special!</i></p> <p>Buy one pack of Personal Training for \$660, and buy your second one for only \$600! (members only)</p> <p><i>Group Fitness Punch Card 10 classes for \$149</i></p> </div>	
4:30 -5:30pm Tabata 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	4:30 -5:10pm Mind-Body-Spin Pam		
5:45-6:45pm <b>Rhythm Cycle</b> Chip		5:45-6:45pm <b>SPYN-RGY</b> Sarah				
5:45-6:45pm <b>Power Yoga</b> Lynn	5:45-6:45pm <b>Pound</b> Megan	5:45-6:45pm <b>Winter Sport Conditioning</b> Lance	5:45-6:45pm <b>Zumba</b> Kathy	5:15-6:15pm <b>Healthy Hour</b> Erin		

<b>Strength &amp; Conditioning Classes</b>	
<b>BOOTCAMP</b>	<i>This strength and conditioning class includes drills, circuit training, calisthenics, and outdoor activity.</i>
<b>PLANK/ Core 'n More</b>	<i>Express classes devoted to your core strength! These creative and fun environments will have you feelin' it right away!</i>
<b>HIIT IT!</b>	<i>High Intensity Interval Training...short intense periods of exercise punctuated by active recovery periods. The ultimate Fat burner!</i>
<b>Fit for Life</b>	<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>
<b>TOTAL BODY</b>	<i>Discover and enhance your potential strength and capabilities as you play with toys that sculpt your entire body!</i>
<b>JumpStart</b>	<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>
<b>Winter Strength Conditioning</b>	<i>You'll get in your best shape and ready to enjoy the snow! Workouts tailored to improve strength, endurance and balance.</i>
<b>Zone-in</b>	<i>Find your optimum calorie burn, muscle churn, <b>Zone</b> right here. All in 45 minutes that'll make your day!</i>
<b>Yoga &amp; Barre Offerings</b>	
<b>BarSculpt</b>	<i>A Pilates flavored high intensity class utilizing a ballet barre that combines moves to enhance your strength and flexibility.</i>
<b>Bootybarre</b>	<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>
<b>Pilates &amp; Mat Pilates</b>	<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>
<b>Yoga</b>	<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 &amp; meditation in a friendly environment.</i>
<b>Power Yoga</b>	<i>Power Yoga is a smooth and consistent flow of strength building movements designed to increase flexibility, strength and peace of mind.</i>
<b>Restorative Yoga</b>	<i>Step away from the frenetic activity of daily life and go inward. Among many things, <b>restorative yoga</b> can give you a sense of peace and calm in a busy world.</i>
<b>Spinning Classes</b>	
<b>Intro to Spinning</b>	<i>Awesome calorie burner, spinning is a specific format of indoor cycling accompanied by your favorite tunes. Seasonal: November thru April.</i>
<b>SPYN-RGY</b>	<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>
<b>Cycle Flow</b>	<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>
<b>Rhythm Cycle</b>	<i>Focus on your breath, beat and cadence in this endurance spinning environment. Let the music move you!!</i>
<b>SOUL-SPYN</b>	<i>Like to ride? Dance? Put 'em together in this fun, musically inspired medley of heartfelt endurance moves whilst torching calories galore.</i>
<b>Mind-Body-Spin</b>	<i>Kick off your weekend feeling strong and centered! Work your body and your mind in this challenging and inspirational journey. Yes, you can.</i>
<b>Specialty</b>	
<b>POUND</b>	<i>An exciting and fun drum beat inspired cardio fest. Anyone can do it!</i>
<b>Tabata</b>	<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>
<b>Healthy Hour</b>	<i>Strongest start to your weekend, you warrior, you. A full body circuit with plates, resistance bands, ladders, ropes, wall ball, and more.</i>
<b>Zumba™</b>	<i>Latin dance and aerobic moves create a fast paced, effective, fun workout. COME JOIN THE PARTY!</i>