

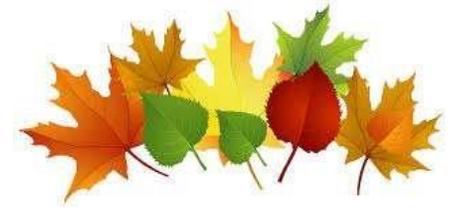


September

# Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am <b>SPYN-RGY</b> Trish	5:30 - 6:30am <b>BOOTCAMP</b> Erin	5:30-6:30am <b>SPYN-RGY</b> Jamie	5:30 - 6:30am <b>BOOTCAMP</b> Hussein	5:30-6:30am <b>SPYN-RGY</b> Trish & Julie	8:00-9:00am <b>CycleFlow</b> Tom	8:15-9:15am Bootybarre Hermine
6:30-7:00am <b>Plank</b> Trish	6:00-6:50am <b>Yoga</b> James <i>Starts 9/10</i>		6:00-6:50am <b>Yoga</b> James	6:30-7:00am <b>Plank</b> Trish & Julie	8:00 -9:0am <b>Pilates</b> Hermine	<p>☐</p> <p><b>Yoga/Pilates</b> Punch Card 10 Classes</p> <p><b>\$99</b> Excluding BarSculpt</p> <p>☐</p>
<i>Coming in October!</i> 8:00-9:00am <b>X-FIT</b> Suzanne	8:15 -9:15am <b>Mat Pilates</b> Hermine	<i>Coming in October!</i> 8:00-9:00am <b>TABATA</b> Pam	8:15-9:15 <b>X-FIT</b> Hussein		9:15-10:15am <b>HIIT IT!</b> Jim	
10:15 - 11:15am <b>Fit for Life</b> Phyllis		10:15 - 11:15am <b>Fit for Life</b> Erin		10:15 - 11:15am <b>Fit for Life</b> Phyllis	10:30-11:30am <b>Zumba!</b> Kathy	
12:10-1pm <b>Zone-In</b> Lance		12:10-1pm <b>Zone-In</b> Lance		12:10 - 1pm <b>Restorative Yoga</b> Anna	<p><b>Synergy</b> Labor Day Hours 7am to 2pm No classes</p>	
4:30 -5:30pm <b>TABATA</b> Pam	4:30 -5:30pm <b>BarSculpt</b> Hermine		4:30 -5:30pm <b>BarSculpt</b> Hermine	<i>Coming in October!</i> 4:30 -5:30pm <b>SPYN-RGY</b> Pam		

5:30-6:30pm <b>X-FIT</b> Shae	5:45-6:45pm Pound Megan	5:30-6:30pm <b>X-FIT</b> Lance	5:45-6:45pm <b>Zumba</b> Kathy	5:15-6:15pm <b>Healthy Hour</b> Erin
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**Strength & Conditioning Classes**

<b>BOOTCAMP</b>	<i>This strength and conditioning class includes drills, circuit training, calisthenics, and outdoor activity.</i>
<b>PLANK</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>X-FIT</b>	<i>You'll get in your best shape and ready to enjoy your indoor sports and outdoor fun! 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>

**Yoga & Barre Offerings**

<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>Barre &amp; BALLance</b>	<i>All of the above! Plus fun on a physioball. Seasonal from November through April.</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>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>

**Spinning Classes**

<b>New riders please arrive 5-10 minutes early to get comfy. All levels welcome, it's your ride!</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>Specialty classes</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. Seasonal class from fall to spring.</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>