



SEPTEMBER FITNESS SCHEDULE

MONDAY:

6:00-7:00 am BODYSTEP with Hannah B
 7:15-8:15 am BODYPUMP with Rebecca
 9:00-10:00 am Hi-Lo with Kelly L
 10:05-11:00 am Functional Pilates with Laura
 4:20 – 5:20pm Cardio Circuit with Terri
 5:30-6:30pm BODYPUMP with Terri/Doug
 5:30-6:30 pm RPM with Matt and Jay
 6:40-7:40pm BODYFLOW with Amanda

TUESDAY:

6:00-7:00 am BODYPUMP with Monica
 7:10-8:10 am RPM with Rebecca
 8:15 –8:55 am Pilates Core Express with Hannah
 9:00-10:00am HI-LO with Paula/Kelly
 12:10-12:50 pm Functional Pilates with Lynne F
 4:20-5:20 pm BODYSTEP with Amanda
 5:30-6:30 pm BODYCOMBAT with Hannah B
 5:30-6:30 pm RPM with Rod
 6:45-8:00 pm Beginners Yoga with Kim

WEDNESDAY:

6:00-7:00 am BODYSTEP with Hannah B .
 7:15-8:15 am BODYPUMP with Rebecca
 9:00-10:00 am Hi-Lo with Paula
 10:00-10:40am Pilates Stretch & Tone w/ Lynne F.
 12:10-12:50pm BODYPUMP Express w/ Hannah J.
 4:20-5:20pm BODYCOMBAT with Drew
 5:30-6:30 pm BODYPUMP with Lynn
 5:30-6:30 pm RPM with Matt and Jay
 6:40-7:30 pm Step with Lynn
 7:35-8:35 pm ZUMBA with Lisa

THURSDAY:

6:00-7:00 am BODYPUMP with Monica
 7:10-8:10 am RPM with Rebecca and Rod
 8:00 –9:30 am Ongoing Yoga with Kim
 12:10-12:50 pm Total Body Strength with Tony
 4:30-5:25 pm Functional Pilates with Lynne F
 5:30-6:30pm BODYCOMBAT with Jenna/Katie
 5:30-6:30 pm Indoor Cycling with Dave
 6:40-7:40pm BODYFLOW with Amanda

FRIDAY:

6:00-7:00 am Havin' a Ball with Terri
 7:15-8:15 am BODYPUMP with Lynn
 8:45-9:45 am Hi-Lo with Lynn
 4:20-5:20 pm BODYCOMBAT with Christina
 5:30- 6:30 pm BODYPUMP with Carol
 6:35-7:35 pm ZUMBA with Lisa

SATURDAY:

7:00-8:00 am BODYPUMP with Terri/Lynn
 8:10- 9:10 am Step it up with Terri/Lynn.
 8:20-9:20 am Cycling/RPM Instructors Rotate
 9:30-10:30 am ZUMBA with Lisa
 10:35 –11:35 am BODYPUMP with Hannah J
 11:40 -12:40 pm BODYCOMBAT Instructors Rotate

SUNDAY:

9:30-10:30 am Double Step with Paula
 9:30-10:30 am Indoor Cycling with Dave
 10:35-11:35 am BODYPUMP with Carol
 11:40-12:40 pm Pilates with Lynn/Laura



Hours starting September 7

Mon-Thurs: 5:00am – 9:30pm
 Friday: 5:00am - 8:00pm
 Saturday: 7:00am – 7:00pm
 Sunday: 9:00am – 5:00pm

FITNESS DESCRIPTIONS

BODYCOMBAT™*: is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYFLOW™*: is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYPUMP™*: is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BODYSTEP™*: is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

CARDIO CIRCUIT: High energy classic cardio (Hi or Lo impact) interspersed with circuits of resistance training.

CYCLING*: “Life is short, sweat hard.” Whether you are an experienced rider training for your next race, a trail rider, a leisurely bike path cruiser, or a “haven’t ridden since I got that red Trike for my 2nd birthday” rider, this class accommodates all levels of fitness enthusiasts. You will learn precision bike fit, pedaling techniques, cadence training using key measurements of resistance, RPM and heart rate, and various levels of dynamic riding drills and intervals. Experienced instructors are dedicated to encouraging and motivating individuals of all fitness levels to accomplish their goals. State of the art bikes designed by Greg LeMond, will make everyone feel like a winner. No helmet required. Water bottles are a must.

PLYO+CORE: is a challenging total body strength and conditioning workout. Kick up your workouts with this mix of cardiovascular training drills, upper and lower body plyometrics, as well as core training that is sure to test your limits!

PILATES with Lynne F*:

BEGINNER- Learn some of the beginner Pilates exercises & Pilates breath work that will begin to build your foundation towards a stronger practice. A slow paced class that needs no prior class experience.

BASIC- A series of non-impact exercises done standing or on the mat that increase strength, flexibility, balance and inner awareness.

FUNCTIONAL- Designed for Pilates enthusiasts and those who already have some knowledge and experience with the method. To add variety, the use of hand weights, bands, Pilates ring or stability ball may be used.

PILATES CORE EXPRESS: Learn to utilize and strengthen your core: deep abdominal muscles, obliques, hips and lower back by working the muscles from the inside out. This 40 minute class combines the precise movements of Pilates with traditional fitness elements to enhance a core strength that improves flexibility, movement, body awareness, and postural alignment.

POWER PILATES: is a mat based class that includes total body conditioning exercises built to increase overall strength, confidence, flexibility, and also to develop the mind-body connection. How to execute the intermediate and advanced moves with precision, purpose, breathing, and fluidity will be learned. Hand weights and stability balls will also be used as options. This class is for participants who already have experience with Beginner and Functional Pilates.

HAVIN’ A BALL: It’s a fun and effective way to sculpt, strengthen and improve your posture. Using only a stability ball, a medicine ball and light dumbbells, we’ll challenge your upper body, lower body and core.

HI-LO: Classic high/low impact aerobics of strength training. A fast-paced workout designed to burn calories and build aerobic capacity. Modifications are demonstrated to fit individual needs.

RPM™*: is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

STEP: This step aerobics class is a high-powered cardio workout offering fun step choreography combined with lots of simple moves. You’ll love this great workout that is suitable for all fitness levels.

STRAIGHT UP STRENGTH: The benefits of regular strength training are tremendous. Building bone and muscle; boosting your metabolism; and improving muscle definition, strength and endurance are just a few of those benefits. This hour will fly by as you work lower/upper body and core with weights, bands, bars and/or balls. You’ll discover muscles you never knew you had!

YOGA with Kim*: The sequences of poses in Iyengar yoga are designed to maintain proper spinal curvature and keep all body systems healthy. The entire body is bent, stretched and toned. The instructor will use props as needed to assist students in establishing proper alignment, comfort and relaxation in poses.

BEGINNERS’ YOGA: For first-time students or those wanting to learn proper alignment and positioning of basic poses.

ONGOING YOGA: For students who have taken at least one yoga class previously

*Reservation Policy

Reserve online or call the front desk 24 hours prior to class time to reserve a spot in class.

In the event you need to cancel your reservation, 2 hours notice is required.



Hours of Operation

M-TH	5:00 am - 9:30 pm
FRI	5:00 am - 8:00 pm
SAT	7:00 am - 5:00 pm
SUN	9:00 am - 3:00 pm