



GROUP FITNESS SCHEDULE

Effective 1/1/12

Class	Level	Description
Spinning		
Spinning	All	Spinning burns a ton of calories while increasing strength & cardiovascular endurance! Work at your own level. Certain spinning classes may focus on strength, intervals, and / or fat burning.
Video Spin	All	If you can't make it to one of our scheduled spin classes, please feel free to check out a spin video at the front desk & ride at your own pace & on your own time schedule. (Video spin is available when spinning classes are not in session).
Zen		
Advanced Flow/ Yin Yoga	Adv.	An advanced & challenging combination class using Flow Yoga to warm up the body so the deep stretching of Yin at the end will be more efficient.
All Levels	All	Great for beginners or someone looking to deepen their practice in a specific area.
Flow/ Yin	All	Combination class using Flow Yoga to warm up the body so the deep stretching of Yin at the end will be more efficient.
Flow Yoga	All	Move through different postures and sequences linking breath to each movement. Creates energy & heat building flexibility & strength.
Hatha Yoga	All	A truly unique experience mixing traditional (and non-traditional) yoga postures with a broad spectrum of exhilarating music spanning time & space. Great for beginners!
Flow n Go	All	Great way to start your morning. Using Flow yoga to warm up, invigorate and start your day off right.
Restorative Yoga	All	This is a gentle, therapeutic style of Yoga that uses props to support the body to deepen the benefits of the poses. It is a soothing & nurturing practice that promotes the effects of conscious relaxation.
Smokin Hot Heated Yoga	All	We are now offering a new heated yoga class! The room is between 95 & 105 degrees, so be sure to bring plenty of water and dress lightly. The heat will soften your muscles, sculpt your body, & help you to eliminate toxins. The practice consists of a series of Hatha yoga postures & breathing techniques to produce a healthy, beautiful, & more youthful you.
Total Body Pilates	All	A challenging core workout to help strengthen low back & abdominal muscles. Total body integration for overall muscle balance and control. Reduce injury and improve posture.
Stretch	All	To increase flexibility by lengthening muscles and improving range of motion. Great for injury prevention & recovery! Great class for any level.
Wake-up Flow	All	Invigorate yourself physically, mentally, and emotionally with this early morning movement!
Yin Yoga	All	A deep stretch & relaxation practice that helps cultivate patience, increase flexibility & ease joint/ muscle pain.
Yoga Fusion	All	A combination of many yoga styles implementing breath control and meditation. Build strength and flexibility while reducing stress & strain. Great for beginners!
Group Fitness		
Boot Camp	All	Attention!!!! Boot Camp is a vigorous non-stop full body resistance program using body weight exercises, floor exercises, ball and dumbbell exercises.
Bust a Move	Int/ Adv	Enjoy this intense non-stop body sculpting class accompanied by heart-pumping cardio!
Cardio Core	All	Tons of cardio including intense muscle conditioning through lunges, squats and isometric holds. Next add some challenging core exercise for some "cardio core" muscle work!
Cardio Kickbox	All	High energy class combines elements of boxing drills, kicking and easy to follow combinations for a great upper and lower body challenge. It is advised that you please bring your own boxing gloves to class.
Chisel	All	Jump start your workout with this innovative strength & fat burning workout using both body & weights. Focusing on technique while building muscle & endurance. Sure to challenge all fitness levels. New format will be done weekly to ensure fitness improvement & muscle variation. Come join the fun!
Down n' Dirty	All	A 45 min. blast of powerful exercises! Come try it out for a total body workout. No class is ever the same!
Full Body Blast	All	Full body circuit class utilizing muscle confusion principles. Muscle tone, flexibility, balance and fat loss.
Express Stretch	All	Improve flexibility and with a full body stretch and relaxation class. Modifications for all levels.
Multi Step	Int/ Adv	Traditional step combinations using multiple steps for a new twist on an old favorite.
Pilates/Core Stretch	All	A blend of pilates and core movements to lengthen and stretch your muscles. Increase your core strength and flexibility and feel great !!
Pure Strength	All	This 60 min. killer workout focuses on building lean muscles, while burning fat by using the slow 8 count format, super set & downloads.
Rock Hard Abs	All	30 minutes of core & a wide variety of Ab exercises!!! Can be taken by itself, before/ after your workout, or as a supplement to an adjacent class.
H.I.I.T.	Int/ Adv	Full on cardio drills and athletic training. Take you body to the next level of fitness with this class. Modifications for all participants are available.
Weekend Warrior	All	A complete workout for 90 minutes, focus on lean muscle, shorts bouts of cardio intervals, balance, flexibility, bone density and more. Multi-level class using all the amenities the group fitness has to offer.
Zumba	All	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Routines combine interval training with fast and slow rhythms, and resistance training to tone and sculpt your body while burning fat.

Club Hours:

Monday- Friday 4:30am - 10:00pm
Saturday- Sunday 6:00am - 7:00pm

Daycare Hours:

Monday- Friday 7:00am - 1:00pm
3:00pm - 8:00pm
Saturday- Sunday 8:00am -12:30pm