

Group Exercise Schedule Summer 2022

(Begins Saturday, June 25th)

Time:	Mon	Tues	Weds	Thurs	Fri
6:00am		Music Video Cycling Cathy (55) B		Cycling (55) Howard B	
7:00am	Cycling (55) Beth B		Mat Pilates (55) Karen G. C		
7:15am		Muscle Mix (55) Cathy A		Muscle Mix (55) Cathy A	
8:00am	Mat Pilates (55) Karen G. C		Yoga (55) Kim S. C		Cardio Barre (55) Lisa C
			20/20/20 (55) Lisa A		
8:30am		Stretch (30) Monica C	Cycle Camp (55) Jody B&C	Stretch (30) Monica C	
				Mat Pilates (55) Lisa S. A	
9:00am	Barre (55) Laura R. C	YOGA (55) Suzi C		Yoga (55) Tami C	Yoga (55) Michelle A
		Body Blitz (55) Theresa A			Cycling (55) Theresa B
9:30am	Tone it Out! (55) Jenn A	Cycling (55) Beth B	Tone it Out! (55) Jenn A	Sets n Reps (55) Theresa A	
	Cycle Camp (55) Jody B&C				
10:00am		3 in 1 Fitness (55) Linda C		Begin To Spin (45) Linda B	
10:15am			Chair Yoga (45) Corinne P. C		
10:30am			Functional Training (55) Maryfran A		Functional Training Maryfran (55) A
5:00pm		Sets n Reps (55) Sandra A			
5:30pm	Cycle Camp (55) Cathy B				
6pm / 7pm Classes		6pm YOGA (55) Michelle C		7pm Rest/ Restore Yoga Andrea (55) C	

WEEKEND CLASSES:

Time:	Saturday	Sunday
8:00am	Cycling (55) Howard B	
	Kicks, Stix, Core & More (55) Jen S. A	Kettlebells & Core (45) Jen S. Turf
	Yoga Tami/Heather (55) C	
9:00am		Yoga (55) Michelle A

Location:

A = Upstairs Studio
B = Cycling Studio
C = Downstairs Studio

YELLOW represents a NEW Class
or new class TIME

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20/20/20 – 20 mins of low impact cardio, 20 mins of weights & toning & 20 mins of step **BARRE** - A workout blending elements from ballet, Pilates, and yoga. Cly

CARDIO-BARRE; Traditional Barre training with an additional twist of a cardiovascular training. Complete with core and strength training.

CARDIO-WEIGHTS; A perfect combo of strength training & cardio rounds to exercise the heart & tone those muscles!

BODY BLITZ Anything goes in this total body non-stop workout including resistance training, intense cardio, endurance, agility and core. Get it all in one hour! +

CYCLING Reduce your body fat, lose weight, improve aerobic fitness, relieve stress...and have fun while pedaling to music!

CYCLE CAMP 30/30 cycling & strength bootcamp class! We will spin for 30-min then head into the Mind/Body studio for 30-minutes of nonstop strength training!

KETTLEBELLS & CORE: A mix of kettlebell strength exercises & core-specific work w/a solid pre & post stretch. Find out just how much fun kettlebells can be in this 45-minute express class!

KICKS, STIX CORE & MORE! A mixture of cardio, weights, kickboxing & core exercises. A truly blended workout, using weights & Fit Stix for arms & legs w/ an extra focus on abs.

FUNCTIONAL TRAINING: Specific movements which apply to one's daily activities using dumbbells, strength bands, medicine balls to exercise through multiple planes of motion.

MAT PILATES This class is open to ALL Pilates students, mixing both basic and intermediate Pilates moves. Exercises focus on core strength, balance, muscle stability and flexibility.

MUSCLE MIX: Bootcamp style, full body muscle conditioning class leaving your heart pumping!

REST & RESTORE YOGA: This class will start w/breath work and fluid movements, a few simple standing postures, ending with holding yin style postures to help you further relax and unwind.

SETS & REPS; This workout challenges all of your major muscle groups by using weights. Different format each class, (Tabata, counted sets, ladders) & always a great strength class!

STRETCH: This 30-min class is good for anyone & everyone! If you've ever thought "I'm not flexible enough to do yoga", this class is for you! This back to basics class will stretch you out, head to toe.

TONE IT OUT: A total body workout designed to be choreographed to music, rather than counted w/reps, to keep the workout fun and the mind distracted. There are intense cardio bursts followed by recovery of high reps w/light weights to help tone the entire body. +

YOGA; A classic yoga class where the movements are connected to each other in a flowing manner, and linking movement with the breath is a primary focus. All levels welcome.

YOGA w/Chair Assist: Traditional yoga postures are practiced in both a sitting and standing position. Fitness moves are incorporated to help build and maintain strength, range of motion, flexibility and balance. All postures/movement may be modified.

+Advanced class