

Group Exercise Schedule **SPRING 2026**

Effective as of **Tues, Mar 31, 2026** (replaces 3/2/26)

<u>Time:</u>	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
6:00am	Yoga Sculpt (55) Molly A	Cycling (55) Cathy B	Mat Strength (45) Laura A	Cycling (55) Howard B	
7:00am	TPI GOLF (55) Dr. Jay A \$\$		Functional Pilates (55) Karen C		TPI GOLF (55) Dr. Jay A \$\$
7:15am		Muscle Mix (55) Cathy A		Muscle Mix (55) Cathy A	
8:00am	Sets n Reps (55) Jason A		Lean Stronger (55) Cathy A		
	Functional Pilates (55) Karen C				
8:15am		P90X (45) Bridget A		P90X (45) Bridget A	Mat Pilates (55) Molly C
8:30am		Stretch (30) Monica B. C	Stretch (30) Jenn C	Stretch (30) Monica B. C	
9:00am		HIIT MUSCLE (55) Theresa A	Cycle Camp (55) Jody B		Cycling Intervals (55) Theresa B
	Barre (45) Jenn C	YOGA (55) Suzi C	Beyond Barre (55) Marcella C		Yoga (55) Michelle A
9:15am	Cycling (45) Jody B		Tone it Out! (45) Jenn A	Sets n Reps (55) Theresa A	
9:30am		Turf Circuits (55) Jody Turf			9:45am Turf Circuits Jody (55) Turf
10:00am	Tone it Out! (45) Jenn A				
10:15am		3 in 1 Fitness (55) Linda C		Begin to Cycle Camp Linda (55) B	Chair Yoga (45) Corinne P. C
10:30am			Functional Training Maryfran (55) A		Functional Training Maryfran (55) A
			Chair Yoga Fitness (55) Kim OBrien C		
Noon			Lunchtime Yoga (55) Michelle (A)		
5:00pm	ZUMBA! (55) Gloria A	Mat Strength (55) Laura A			
6:00 pm	Pure Power (55) Sara A	Thai Boxing Joe (45) Turf	(Kids Karate Studio C 5:30-6:30pm) \$\$	Gentle Yoga (55) Connie 6pm C	
		YOGA (55) Michelle A	Turf Circuits (55) Jason Turf		
6:30pm			Power Yoga (55) Sarah C		

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

Yellow represents a
NEW class or time

The # in parenthesis is
the # of minutes
\$\$ = Golf & Karate
have an additional fee

WEEKEND CLASSES:

<u>Time/Day</u>	<u>7:00am</u>	<u>8:00am</u>	<u>9:00am</u>
Saturday	BEYOND BARRE w/Marcella (55) C	Cycling w/Howard (55) B	Kick It! w/Jen (55) A
		Cardio Step w/Cathy (55) A	Power Yoga w/Heather L (55) C
Sunday		Cycling w/Howard (55) B	Yoga w/Michelle (55) A
		P90X w/Bridget (45) A	Kettlebells & Core w/Jen (55) Turf

FREE Saturday Kids Classes! (45-min each/ages 5+) 9:30am Turf Circuit w/Jason & 10:15am Sat Kids Yoga w/Heather

3 in 1 Fitness: Flexibility+Balance+Strength. Work at your own pace & learn techniques to care for your body. Use of bands & light weights will be used.

BARRE - A workout blending elements from ballet, Pilates, and yoga. Light weights used.

BEGIN TO CYCLE CAMP 30min of easy, gentle cycling in the spin studio then 30min of strength training on the Turf using light weights and / or bands. Work at your own pace.

BEYOND BARRE Traditional Barre class w/Intervals of cardio & strength, targeting aerobic & anaerobic energy systems! Class will wrap up w/focus on core and flexibility.

BOOTY & AB BANDS; Using Resistance bands, activate your glutes and hips through lower body exercises. Focus on legs, glutes, hips & abs to develop a muscular, rounded shape!

CARDIO STEP choreographed cardio utilizing a raised platform ("step") to perform various movements; work leg muscles /elevate your heart rate through a combo of moves

CHAIR YOGA FITNESS; yoga postures are practiced in both a sitting and standing position. Build & maintain strength, range of motion, flexibility & balance. Weights may be incorporated now & then.

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

CYCLE CAMP 30/30 cycling & strength bootcamp class! We will spin for 30-min then head to the Turf for 30-minutes of nonstop strength training, focusing on core & upper body

CYCLING INTERVALS: Stay in the Spin Studio & work on and off the bike, strength & cardio!

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

KICK IT! High energy dance-based cardio class incorporating martial arts kicks & punches!

LEAN STRONGER; Build lean muscle & strength while improving body composition. Although this class is for all fitness levels, it will challenge everyone to push themselves to new levels.

FUNCTIONAL PILATES; Focus is on core strength, flexibility, and body awareness, all performed on a mat. Working w/breath to strengthen the body from the inside out

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

GENTLE YOGA: Slower paced yoga class, great for flexibility & gradually strength gains

HIIT MUSCLE: Main focus on strength training w/cardio sprinkled in. High Intensity Intervals.

ME & MY MINI: Movement w/music designed for little ones to discover how their bodies can move!

MAT STRENGTH: Format is weights & strength-based sequences. The rhythm of the music guides the pace, creating a fun, high-energy experience. Expect dynamic movements that strengthen and tone!

MOMMY & ME YOGA:Gentle yoga for you & your baby/toddler in the downstairs studio (2-5 years old)

MUSCLE MIX: A total body "mix" workout for all!. High rep/light weights for endurance & low rep/heavier weights for increasing strength! Good-bye stubborn fat.....hello abs!

POWER YOGA: An all-level Vinyasa flow class moving through fast-paced traditional yoga poses and creative sun salutations fueled by music. The focus is on strength, mobility, breathwork & meditation.

P90X: HIIT! Combo of resistance training, cardio & flexibility training at a high intensity level

PURE POWER: A total-body conditioning class that will build your power, balance and endurance through high energy intervals that incorporate strength training, cardio, core and stability.

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!

THAI BOXING In this high energy - low impact class you will use Muay Thai techniques; punches, kicks, knees & elbows on the heavy bags and partner drills. Gloves /shin pads if you have them.

TONE IT OUT: Total Body! Choreographed to music to keep the workout fun & the mind distracted. Intense cardio busts then high reps w/light weights to help tone the entire body.

TURF CIRCUITS: HIIT Training on the Turf! Try out our turf equipment and test your endurance with this fast paced circuit-style class, working cardio & full body strength throughout!

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.

YOGA SCULPT: Incorporates hand weights & fast-paced Yoga poses; a max calorie-burner!

ZUMBA® is an interval-style dance fitness party that combines low-intensity and high-intensity moves.