



MONDAY

BP	8.00-9.30	CARDIO SCULPT	DAWN
	9.30-10.30	SPIN™	NICOLLE
	6.00-7.00	H.I.I.T.	KEVIN
DH	6.45-7.45	SCULPT	ANNAMARIA
	8.00-9.00	SPIN™	PAT
	8.00-9.00	YOGA	GEA
	9.30-10.30	SPIN™	TERI
	9.30-10.30	CARDIO MIXED BAG	CINDY
	10.30-11.30	SCULPT/CORE CHALLENGE	CINDY
	11.30-12.30	ZUMBA®	SAMANTHA
	5.00-6.00	SPIN™	DIANNE
	6.00-7.00	SCULPT	JESSICA
	7.00-8.00	ZUMBA	NEJ
MEL	9.30-10.30	CARDIO CRAZY	DAWN
	10.30-11.30	BODY SCULPT	DAWN
	12.15-1.00	H.I.I.T. BOOT CAMP	DAWN
	5.15-6.15	INTERMEDIATE PILATES	SUSAN
	6.15-7.15	YOGA-HATHA	SUSAN
	7.30-8.30	ZUMBA®	EDDIE T.

TUESDAY

BP	6.00-7.00	SPIN™	SHARON
	8.00-9.00	BODY TONE	DAWN
	9.00-10.00	BODY BLAST	PAT
	10.00-11.00	YOGA	PAT
	6.00-7.00	SPIN™	NICOLLE
DH	7.00-8.00	YOGA	PATRICIA
	7.00-8.00	TABATA	PAT
	8.15-9.15	YOGA-VINYASA	KARIN
	9.30-10.30	CARDIO CRAZY	ED
	9.30-10.30	SPIN™	DIANNE
	10.30-11.30	PILATES MAT	ILENE
	11.30-12.30	ZUMBA®	MICHELLE
	4.45-5.45	YIN YOGA	JANINE
	6.00-7.00	H.I.I.T.	BETH
	7.00-8.00	ZUMBA®	MARGARET
MEL	9.30-10.30	CARDIO STRENGTH INTERVAL	SABRINA
	12.15-1.00	CARDIO/SCULPT	NANCY
	6.00-7.00	BODY SCULPT	DELL
	7.00-8.00	BOOT CAMP	

WEDNESDAY

BP	6.00-7.00	H.I.I.T.	KEVIN
	8.00-9.30	STEP & SCULPT	DAWN
	9.30-10.30	SPIN™	NICOLLE
	6.00-7.30	BODY BLAST	JENNY
DH	7.00-8.00	POWER SCULPT	SABRINA
	8.00-9.00	SPIN™	SABRINA
	8.00-9.00	PILATES MAT	SUSAN
	9.30-10.30	SPIN™	TERI
	9.30-10.30	TRIPLE CHALLENGE	DAWN
	10.30-11.30	SCULPT	DAWN
	11.30-12.30	ZUMBA®	SAMANTHA
	5.00-6.00	TABATA	AZAD
	5.00-6.00	SPIN™	TERI
	6.00-7.00	SCULPT	AZAD
MEL	7.00-8.00	ZUMBA®	CARRIE
	8.00-9.00	YOGA	CATHY
	9.30-10.30	ZUMBA®	CARRIE
	10.30-11.30	MULTI-LEVEL YOGA	JANINE
	12.15-1.00	PILATES	ILENE
	5.30-6.30	ZUMBA®	MARGARET
	6.30-7.30	TABATA BOOT CAMP	WENDY

THURSDAY

BP	6.00-7.00	TABATA	DAWN
	8.00-9.00	SPIN™	PAT
	9.00-10.00	YOGA & PILATES	PAT
DH	5.00-6.00	H.I.I.T.	KEVIN
	6.00-7.00	SPIN™	NICOLLE
	7.00-8.00	YOGA-VINYASA	ILENE
	7.00-8.00	SPIN™	JOHN
	8.00-9.00	POWER SCULPT	PAT
	9.30-10.30	SPIN™	ED
	9.30-10.30	ZUMBA®	NEJ
	10.30-11.30	SCULPT	DIANNE
	5.00-6.00	YOGA-VINYASA	JANINE
	6.00-7.00	SCULPT	JESSICA
MEL	6.00-7.00	SPIN™	BETH
	7.00-8.00	ZUMBA®	AZAD
	7.00-8.00	BOOT CAMP	DELL
	9.00-10.00	PILOXING	DAWN
	10.15-11.15	YOGA	ILENE
	12.15-1.00	CARDIO STRENGTH	SABRINA
	5.30-6.15	BODY SCULPT	NANCY
6.15-7.15	YOGA	CATHY	
7.15-8.15	BOOT CAMP	DELL	

FRIDAY

BP	8.00-9.30	CARDIO SCULPT	DAWN
	9.30-10.30	SPIN™	DAWN
	10.30-11.30	YOGA	DOREEN
DH	6.45-7.45	BODY BLAST	ANNAMARIA
	8.00-9.00	SPIN™	BILLY
	9.30-10.30	POWER SCULPT	DIANNE
	9.30-10.30	SPIN™	RENEE
	10.30-11.30	YOGILATES	KARIN
	11.30-12.30	ZUMBA®	MICHELLE
MEL	6.00-7.00	PILATES	KATHY
	8.00-9.00	YOGA	DEBI
	9.30-10.30	CARDIO BODY BLAST	DAWN
	10.30-11.00	ABS & STRETCH	DAWN
	12.15-1.00	PUMP & BURN CIRCUIT	DAWN

SATURDAY

BP	7.00-8.00	YOGA	JEANNE
	8.00-9.00	BODY SHRED	NICOLLE
	9.00-10.00	ZUMBA	LANA
DH	7.30-8.30	SPIN™	BETH
	9.00-10.00	H.I.I.T.	BETH
	9.00-10.00	SPIN™	BILLY
	10.00-11.00	SCULPT	SABRINA
	11.00-12.00	ZUMBA®	MICHELLE
MEL	7.30-8.30	YOGA	GEA
	9.00-10.00	CARDIO BOOT CAMP	DELL
	10.30-11.30	ZUMBA®	KIMBERLY/MARGARET

SUNDAY

BP	8.00-9.00	SPIN™	NICOLLE
	9.00-10.00	BODY SHRED	NICOLLE
DH	8.00-9.00	CARDIO KICKBOX	ANNAMARIA
	8.00-9.00	SPIN™	BETH
	9.00-10.00	ZUMBA®	NEJ
	9.30-10.30	SPIN™	JOHN
	10.30-11.30	YOGA-IYENGAR	CATHY
MEL	9.30-10.30	ZUMBA®	MICHAL
	10.30-11.30	TABATA	AZAD



Endurance

- Cardio Crazy** Step, Aerobics, and Kickbox plyometrics blended into one to get your heart rate up for a great calorie-burning workout.
- Cardio Push** A high-intensity interval training class packed with plyometric drills of strength, power, resistance and core training moves.
- Tabata** Interval Training using 20 seconds of ultra-intense exercise followed by 10 seconds of rest. Weights, bars, or bands are used to increase athletic capacity.
- Zumba®** Calorie-burning and body-energizing. Fast/slow rhythms and resistance training are combined to tone and sculpt your body. Loaded with Latin flavor, this class is exhilarating and addictive.

Step

- Step** Aerobic exercise using elevated platforms with emphasis on hips, thighs, abdominals, and buttocks.

Studio Cycling

- Spin™** The smooth, low-impact movement of cycling and the fun and stimulation of group exercise are combined to improve endurance and cardiovascular health.

Toning

- Abs & Glutes** ½-hour of intense abdominal and glute exercises.
- Abs & Stretch** Focus is on your abs and stretching to increase flexibility.
- Body Bar & Sculpt** Weighted bars are used for a head-to-toe workout to tone, define, and strengthen your body.
- Body Toning** Strength and endurance using light weights.
- Burn to Firm** This class is like Personal Training to music. Slow, deliberate exercises are done to isolate individual muscles, adding strength and definition.
- Core Challenge** Strengthening exercises for your inner core muscles.
- Muscle Mechanics** Light weights and increased repetitions or heavier weights with less repetitions make this sculpting class surprisingly challenging. The format changes every week to 'wake-up' muscles that have been 'asleep' from the same old routine.
- Pilates Mat** Based on the work of Joseph Pilates, this class combines control, centering, flow of movement, and breathing. Focus is on core exercises that improve flexibility, joint movement, and overall strength.
- Power Sculpt** A strength and endurance cross-training class where muscle-conditioning exercises are combined to elevate the heart rate and increase muscle endurance.
- Sculpt** A head-to-toe exercise class that includes a warm-up to increase blood flow to muscles, muscle-specific exercises to tone, define, and strengthen your body, and stretching to increase flexibility.

Total Workout

- Body Blast** A high-intensity full-body conditioning class consisting of cardio and strength training.
- Body Shred** A 30-minute intense workout for those with short time but high on motivation.
- Boot Camp** A high-intensity, full-body conditioning class.
- Cardio Kickbox/Sculpt** A series of punching and kicking exercises using weights to sculpt the entire body. This class is a great cardio workout!
- Cardio Mixed Bag** Every week is different: Classic Aerobics, Step, Kickboxing, Calisthenics, Sculpting, and more.
- Cardio Sculpt** Intervals of Aerobics are combined with muscle-toning exercises.
- Circuit Training** Fast-paced sculpting class with cardio intervals.
- HIIT / Insanity** High Intensity Interval Training—the ultimate cardiovascular experience. alternating between high and low-intensity, the high energy and fast pace make this class challenging, effective, and FUN.
- Piloxing** A fat torching, muscle-sculpting core-centric interval workout that blends Boxing and Pilates.
- Triple Challenge** Three times the cardio is three times the fun! Step, Bosu, Kickboxing, and Aerobics are mixed together.

Yoga

- Aside from its obvious mental, spiritual, and flexibility benefits, many of yoga's physical results go unseen. Relaxation, improved digestion, easier respiration, optimized circulation for everyday living, a calmer nervous system, and a more positive outlook on life are all hallmarks of yoga's practice.**
- Hatha Yoga** Slow-paced, relaxing yoga that focuses on breathing technique and relaxation.
- Iyengar Yoga** A system of yoga based on the precise awareness of anatomy and alignment of the body.
- Vinyasa Yoga** A dynamic, flowing-style yoga that emphasizes the connection between breath and emotion.
- Yin Yoga** A slow-paced, passive style of Yoga with postures being held from 1-5 minutes. This practice soothes the mind, increase flexibility, and enhances range of motion in your spine and joints.
- Yoga** Basic yoga postures for relaxation, meditation, and rejuvenation.
- Yogilates** A beautifully blended mind/body class: yoga postures are combined with the core-strengthening exercises of Pilates.

Complimentary Class Guidelines No registration is necessary; just check the Class Schedule and walk in.

- Do not enter a class in progress. If you are late, please check the Schedule for the next available class.
- Be considerate of other Members' space; don't crowd a Member who has arrived before you.
- Keep conversation to a minimum as this is disruptive and distracting.
- Water must be bottled—no cups, please. A towel is recommended.
- Coats or bags of any kind are not permitted in the room. Please use a locker.
- While some classes are more advanced than others, all Members are welcome to attend and adjust the intensity level. If you are a beginner or have an injury, advise the instructor and modifications will be made.

Spin Guidelines

- You must sign up, even if the class is not filled. Sign-up must be done personally, by yourself, for yourself.
- Sign-up begins 15 minutes prior to class. No place in line may be held before this time (there is no advantage in arriving earlier).
- First name, last name, and membership number must be printed. If you are not present when class begins, you forfeit your reservation.

In addition to those listed above for Complimentary Classes, please abide by the following policies:

- One-hour class consists of Set-up, 45-minute Spin, and Clean-up. You **must** stay to wipe down your bike.
- No change of pedals is permitted.
- A water bottle and towel are mandatory.