

# Group Exercise Classes

|          | MONDAY  | TUESDAY                     | WEDNESDAY                   | THURSDAY             | FRIDAY                                | SATURDAY   | SUNDAY                 |
|----------|---|-----------------------------|-----------------------------|----------------------|---------------------------------------|--|------------------------|
| 6:00 AM  |   |                             | Yoga<br>Charles             |                      | Yoga<br>Charles                       |  |                        |
| 7:00 AM  |   |                             |                             |                      |                                       |  |                        |
| 9:00 AM  | PILATES<br>Becky  | Body Sculpt<br>Becky        | PILATES<br>Becky            | Body Sculpt<br>Becky | Yoga<br>Leslie<br>9:30                | Body Sculpt Paul   | Yoga<br>Leslie<br>9:30 |
| 11:00 AM | <i>Motivation is what gets you started. Habit is what keeps you going. - Jim Ryan</i> |                             |                             |                      |                                       |  |                        |
| 12:00 PM | INTERVAL CIRCUIT<br>Becky   | Yoga-lates Fusion<br>Leslie | INTERVAL CIRCUIT<br>Becky   | PILATES<br>Becky     |                                       |  |                        |
| 4:00 PM  |   | Power Yoga<br>Becky         |                             |                      |                                       | <b>Be sure to inquire about our amazing Personal Training Sessions</b> |                        |
| 5:45 PM  | Power Yoga<br>5:00<br>Becky   | Zumba<br>Tina               | Body Sculpt<br>5:30<br>Paul | Zumba<br>Tina        |                                       |  |                        |
| 6:30 PM  | PILATES<br>Andrea<br>6:00   |                             | Yoga<br>Leslie              |                      | Salsa/Swing Dance<br>Robert 6:00-7:00 |  |                        |
| 7:30 PM  |   |                             |                             |                      |                                       |  |                        |

\*Please note that there is a \$10 class fee for non-members

**INTERVAL CIRCUIT** - A complete total body workout done in the main cardio/weight room. Combine intervals of cardio work (treadmills, elliptical, bikes) with intervals of weight work on the machines (leg & chest press, & more). Meet your instructor at the top of the stairs for a class that is twice the workout and twice the fun!

**PILATES** – A mat workout that includes concentrated work on core strength, body alignment and muscular balance to strengthen your muscles for power from the body’s core to the entire body. Your result will be strength, balance, and freedom of movement.

**BODY SCULPT** - Improve your cardiovascular fitness, muscular strength, coordination, and flexibility. This weighted cardio training class will take you through an ever changing sculpting and cardiovascular routine that will increase endurance and put a smile on your face.

**SALSA/SWING DANCE** – A mix of Salsa and Swing style dancing. All fitness levels and beginners very welcome. You won’t need a dancing partner or special shoes.... Just a plan to have some fun to great music!

**ZUMBA** – A Zumba workout mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and calypso and Salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart.

**YOGA** – Develop the fundamentals of a healthy movement-based yoga practice. Fusing breath with flowing movements, you’ll ingrain the basics of yoga into muscle memory. Mats can be supplied if needed.

