



2024

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00a	Ultimate Workout Jenna		Ultimate Workout Jenna			Laura out 9-12th * \$\$ Indicates Small Fee
6:00a-7:00a		Strength and Flexibility Laura		Strength and Flexibility Laura		
8:00-9:00a	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Jenna	
9:00-10:00a	PILATES Shauna	PILATES & TONING Shauna	HIIT Marisella	BARRE BLEND Shauna	PILATES & TONING Shauna	
10:00-11:00a	GENTLE YOGA Blaise	Vinyasa Yoga Kaitlyn	GENTLE YOGA Kathryn	Vinyasa Yoga Kaitlyn	GENTLE YOGA Blaise	
1:00p-2:00p	Small Group (\$\$) Jenna	PWR MOVES! Jenna	Small Group (\$\$) Jenna		Small Group (\$\$) @12:15 Jenna	
6:30-7:30p	ZUMBA Debbie		ZUMBA Debbie			
7:30-9:00p			Line Dancing Class Mireya			

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	GYM HOURS Mon-Thurs 5 am - 10 pm Friday 5 am - 9 pm Saturday 7 am - 6 pm Sunday 1 pm - 6 pm
9:00a	Cardio Dance Ashley	HIIT Marisella	Cardio Dance Ashley	HIIT Marisella	Cardio Dance Ashley	
10:00a			Strong Nation Marisella			
12:15-12:45 PM	Treadmill HIIT Jenna	CORE Jenna	Treadmill HIIT Jenna	CORE Jenna		
6:30-7:15p			Restorative Yoga Laura	Line Dancing Class Till 8:30p-Mireya		
7:00-7:50p		VINYASA YOGA Ashley				

Spin Room

6:15-7:00am	<i>Spin</i> Jenna		<i>Spin</i> Jenna		<i>Spin</i> Laura
6:00p		<i>Spin</i> Shauna		<i>Spin</i> Shauna	

Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara
9:00a	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara
5:00p	Aquarobics Jerian	Aquarobics Jerian		Aquarobics Jerian	
6:00p	Aquarobics Lea	Aquarobics Lea		Aquarobics Lea	

GROUP FITNESS CLASS DESCRIPTIONS

Aquarobics- This class makes a splash! A fun group exercise class in the water that is low-impact but high on fun. The water is great so come on in for a good time!

Barre Blend- is a hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches.

Cardio Dance – A hybrid of dance choreography and cardio exercises to music, creating a heart-pumping workout to keep your body in constant motion. It's the type of exercise that feels more like a party than anything else. Don't be fooled though. This is a body-burning experience.

Core - Strengthen core muscles using light weights and body weight exercises.

Gentle Yoga- This form of yoga seeks to provide therapeutic modifications to common yoga poses and allow relaxation for both mental and physical wellbeing.

Hatha Yoga- Practice of Yoga Poses and Pranayama (breathing exercises) which help to bring peace to the mind.

HIIT- (High Intensity Interval Training). This class can be scaled to individuals of all fitness levels. Whether beginner or advanced, the various exercises can be adapted to ensure you are improving your fitness safely.

Line Dancing - Get ready to scoot your boots in choreographed dances with a repeating series of steps that are performed in unison by a group of people in lines or rows, most often without the dancers. Who knew exercise could be so fun?

Muscle Pump – Total Body Resistance/cardio focused class to tone and build endurance.

Pilates - can improve muscle tone, flexibility, and strength, as well as, help you heal from injuries.

Pilates & Toning - Improve muscle tone, flexibility and strength, as well as help you heal from injuries.

Restorative yoga is a passive yoga practice that focuses on relaxation and stillness. It involves holding gentle poses for extended periods, often with the support of props like blankets, bolsters, and blocks. The goal is to achieve physical, mental, and emotional relaxation without strain or pain.

Spin- Come along for a ride with our instructors. Improve your cardio and lower body endurance. They are sure to push you to a great workout!

Strength and Flexibility exercises will help you increase muscle strength, maintain bone density, improve balance and reduce joint pain.

Strong Nation- combines body weight, muscle conditioning, cardio and plyometric training, synced to original music that has been specifically designed to match every single move.

Treadmill HIIT - Take full advantage of the treadmill's capabilities by alternating pace and incline throughout your workout. The different intervals not only keep the workout interesting but also keep your body guessing. On FITNESS FLOOR.

Ultimate Workout – Strength training using body weight, barbells, kettlebells, and bands. Increase your total body functional strength, muscular endurance and help build lean muscle.

Vinyasa Yoga- Connect the mind with the body through breathing, stretching and strengthening poses. Spend time holding yoga poses to increase your flexibility and strength then finish with deep relaxation.

Zumba- A fusion of Latin and International music/dance themes that create a dynamic, exciting, and effective fitness system! The routines feature fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.