

SCHEDULE OF CLASSES
Morning Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		High Intensity Cycling		Cycling			C L O S E D
6:00	Pilates	Video Class		Pilates			
7:00		TRX		TRX			
7:30	Beg/Int Cycling		Beg/Int Cycling		Beg/Int Cycling		
8:00	DanceFit	Spin	Total Body Tabata	Spin	DanceFit	Zumba	
8:30		Zumba		Zumba			
9:00	Stretching		Stretching		Stretching	Yoga	
10:00					Yoga		

Child care available Monday-Friday 8AM-10AM

Evening Classes

3:30	Kids Class		Kids Class				
4:00				(4:30) Private Class			Yoga
5:15	Begin to Spin	(5:00) Silver TRX	Begin to Spin		Begin to Spin		
5:30	Zumba	TRX	DanceFit	TRX			
6:30		Yoga	Yoga				

Child care available Monday and Wednesday 5:30PM-7:30PM

Class Name	Description
DanceFit	A cardio focused class combining powerful moves with fun music for a challenging, effective, fun workout. The class is ideal for all fitness levels looking to change up their workout.
Body ReVamp Camp	A fast paced class focused on strengthening and toning your entire body by utilizing movements from different disciplines and styles.
TRX	Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.
Zumba	A fusion of Latin and international music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness.
Cycling/Spin	Cycling/Spin builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing.

*****HOURS OF OPERATION*****

Monday-Thursday: 5 AM-10 PM

Friday: 5 AM-7 PM

Saturday: 7 AM-11 AM 4 PM-8 PM

Sunday: 4 PM-8 PM