

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	TRX	Spin	Total Body Tabata	Spin	TRX		
9:00	Stretching		Stretching		Stretching	Yoga	
10:00					Yoga		
	<i>Child care available Monday-Friday 8AM-10AM</i>						

Evening Classes

4:00				(4:30) Private Class			Yoga
5:00		Silver TRX					
5:15	Begin to Spin		Begin to Spin		Begin to Spin		
5:30		Spin		Spin			
5:30	Zumba	TRX	Zumba	TRX			
6:30			Yoga				
	<i>Child care available Monday and Wednesday 5:30PM-7:30PM</i>						

Class Name	Description
Total Body Tabata	A version of High Interval Training. It is an exercise strategy with short intervals of intense exercise followed by a short recovery period-repeated 8 times. This equates to burning up to 13 cal/min.
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