

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	Mind Body Strong	TRX		TRX	Mind Body Strong		
7:30	Beg/Int Cycling		Beg/Int Cycling		Beg/Int Cycling		
8:00	Dancefit	Spin	Total Body Tabata	Spin	Dancefit		
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				

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.
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.
Mind Body Strong	A combination of yoga, strength, and intense conditioning to change the body and renew the mind. Power yoga warm up, 20 minutes of high intensity workouts, power yoga cool down, with some mindfulness.
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

ALL CLASSES INCLUDED IN MEMBERSHIP

ALL CLASSES ARE 50-60 MINUTES IN LENGTH