

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING CLASSES</b> <b>6:15-6:55</b> Slow Lift Georgette (A) <b>7:30-8:25</b> Low Impact Cardio - June (A) <b>8:30-9:25</b> Stretching Kay (Y) <b>8:30- 9:25</b> Strength Mike (A) <b>9:30-10:25</b> Prana Flow Yoga Jim (Y) <b>9:30-10:25</b> Interval Power Hour Heather (G) <b>10:00-10:55</b> Power Splash Karen (P) <b>10:30-11:25</b> Total Body Fit June (A)	<b>MORNING CLASSES</b> <b>6:15-6:55</b> Yoga Vinyasa Maura (A) * <b>7:00-7:55</b> Cardio Strength Kahra(A) <b>9:00-9:55</b> CAC Cycle Benita (CY) <b>9:30-10:25</b> Cardio Mix - Kim(A) <b>9:30 -10:25</b> Yoga Sculpt Danielle (Y) <b>10:30-11:25</b> Strength & Core Anna (A)	<b>MORNING CLASSES</b> <b>6:15-6:55</b> Interval Power Hour - Georgette (A) <b>7:30-8:25</b> Low Impact Cardio & Strength Karen (A) <b>8:30-9:25</b> <i>Stretching - Kay(Y)</i> <b>8:45-9:25</b> Step Interval Anna (A) <b>9:30-10:25</b> Interval Power Hour- Anna (A) <b>9:30-10:25</b> Yoga-Danielle(Y) <b>10:30-11:25</b> Total Body Fit June (A)	<b>MORNING CLASSES</b> <b>6:15-6:55</b> Yin Yoga Maura (Y) <b>7:30-8:25</b> Cardio Sculpt June (A) <b>8:30-9:25</b> Cycle Burn Mike (CY) <b>9:30-10:25</b> Intervals Kim(A) <b>9:30-10:25</b> Stretch & Roll Heather (Y) <b>10:00-10:55</b> Power Splash Mike (P)	<b>MORNING CLASSES</b> <b>8:30-9:25</b> Strength & Core - Karen (A) <b>8:30-9:25</b> Trekking Benita (C) <b>8:30-9:25</b> Stretching Kay (Y) <b>9:30-10:25</b> Yoga Jim (Y) <b>9:30-10:25</b> Tabata Training - Heather (G) <b>10:30-11:25</b> Cardio Dance -Karen (A)	<b>MORNING CLASSES</b> <b>7:45-8:40</b> Slow Lift Georgette (A) <b>9:00-9:55</b> CAC Cycle Benita/Mike (CY) <b>9:00-9:55</b> Interval Power Hour – Karen (A) <b>10:00-10:55</b> Yoga Karen (Y) <b>10:00-10:55</b> Power Splash – Helene (P)
<b>EVENING CLASSES</b> <b>5:30–6:25</b> Strength & Conditioning - Ryan (A) <b>7:00-8:10</b> Adv. Power Yoga Maury (A)	<b>EVENING CLASSES</b> <b>7:00-7:55</b> Intro to Power Yoga & Core - Maury (Y)	<b>EVENING CLASSES</b> <b>5:30-6:25</b> Aqua Fit Mike (P) <b>6:00-6:55</b> Yoga Maury (Y) <b>7:00-8:10</b> Adv. Power Yoga Maury (Y)	<b>EVENING CLASSES</b> <b>6:00-6:55</b> Yoga Maury(A)	<b>EVENING CLASSES</b> <b>6:00-6:55</b> Yoga Maury (A)	<b>Sunday</b> <b>11:45-12:40</b> Yoga Maury (Y)

(A)=Aerobics Room (Y)= Yoga Room (CY)=Cycle Room (C) = Cardio Room (G)= Gym (PT) = Personal Training Room (P)= Pool (O)= Outside Activity (OP)=Outside Pool  
 Family Friendly Fitness Classes – parents with children ages 10-13 are welcome. \* New Class!

### **Advanced Power Yoga**

An active athletic style of yoga combining several forms of vinyasa. Challenging class that moves quickly through poses and holding inversions.

### **Aqua Fit**

A challenging water aerobics class that combines cardio strengthening & toning exercises for a full body workout.

### **Athletic Pilates**

Strengthen & tone the entire body to maximize core stability, flexibility, strength & muscle tone.

### **Cycle**

Indoor cycling class takes you uphill, downhill & back again for the ultimate cardio workout. All fitness levels welcome!

### **Cardio Dance**

This is a cardio style work out utilizing fun dance movements set to music to elevate your heart rate, improve balance, coordination, and help boost mood!

### **Cardio Mix!**

A variety of aerobics & slides all of which will include resistance training & stability balls for a full body workout.

### **Cardio Mix + Express Sculpt 1.5 hour**

A variety of body weight aerobic moves for 45 minutes with a resistance training segment a full body workout.

### **Cardio Sculpt**

Cardio class that involves strength training, including multi-muscle exercises to tone & strengthen the body & keep your heart rate elevated.

### **Cycle Burn**

Spin your way through major calorie burn, increase core strength & tone major muscles with this high energy cycle class. Intervals with light pound weights for a great workout.

### **Intro to Power Yoga & Core**

Slightly more advanced yoga with focus on inversion poses.

### **Intervals**

High energy cardio intervals with strength training for a full body burn while building strong muscles. No shortage of variety in this upbeat, fast-paced workout. All fitness levels

### **Lo Impact Cardio and Strength**

You'll have a ball at this class! Great cardio workout and toning exercises

### **Power Splash**

Combination cardio & strength training using weights & water resistance. If you thought water wasn't challenging, think again.

### **Prana Flow Yoga**

Connect body and mind with this rhythmic flow yoga class.

**Roll & Stretch** Release tension & soothe tight muscles using the foam roller, increase flexibility & range of motion with stretching.

### **Slow-Lift**

This sculpting class focuses on slow intervals of weight resistance & training emphasizing form & fundamentals.

### **Spinning**

Start off your morning with this energizing spin class – sure to rev up your metabolism!

### **Step Interval**

A refreshing take on your average step class, this combination of weight & resistance gives you an intense, Total body workout.

### **Strength**

A resistance training class to boost metabolism by building muscle. Challenge your strength using dumbbells, bodyweight, stability balls and a variety of equipment.

### **Strength & Core**

Strengthen & tone muscles and develop a strong core.

### **Strength & Conditioning**

Cardio combined with strength training to rev up your metabolism & build strong muscles

### **Stretching**

Improve flexibility, range of motion, overall joint & muscle elasticity.

### **Tabata Training**

High intensity interval training class consisting of intense cardio sessions combined with brief periods of rest.

### **Total Body Fit**

Low impact cardio & sculpting intervals– perfect formula for your total best body results.

### **Trekking**

This interval treadmill class with weights will help you get in shape in no time. Great for all fitness levels

### **Yin Yoga**

All level class. Lengthen tissue, increase flexibility, boost circulation, and reduce stress. This format is a slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations of your body.

### **Yoga**

All level class using controlled movements to focus on breathing, balance, posture and relaxation in an energized environment.

### **Yoga Fusion**

Combining the benefits of yoga, strength and Pilates to create strong core and spinal muscles.

### **Yoga Sculpt**

All Levels. This unique class combines metabolic body weight movements, strength exercises, along with the traditional mindful movement of yoga to strengthen muscles and improve balance.

### **Yoga Slow Flow**

All Levels. Traditional mindful vinyasa slow flow made up of constant movement, holding poses for 2-4 breaths.

### **Yoga Vinyasa**

All Levels. Traditional mindful vinyasa moderate flow made up of constant movement, while incorporating controlled body alignment.