

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

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

Combing 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.