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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 5:15am |  |  |  |  |  |  |  |
| 6:00am |  | Total Body  Challenge |  | Hard Core  Cycle  (upstairs) | YOGA | Hard Core  Cycle  (upstairs) |  |
| 8:00am |  |  |  |  |  | (8:30)  Yoga | Cycle  (upstairs) |
| 9:00am |  | RIP |  | Total Body  Challenge | BOX/ABS | (9:30)  Chisel |  |
| 10:15am |  | Move & Groove | (10:00) Yoga | Move & Groove | Line dancing  (beginning) |  | 10:00  Saturday  Mix-up |
| 11:15am |  |  | Line dancing  (Intermediate) |  |  |  |  |
| 4:15pm |  | RIP |  | Yoga  (upstairs)  Barre (group ex) |  | Chisel  Or  Transform |  |
| 5:15pm |  |  | Yoga  (Upstairs) |  | Yoga  (Upstairs) |  |  |
| 5:30pm |  |  | WAR |  | RIP |  |  |
| 6:30pm |  | Box/Strength | \*\*Cycle\*\*  c |  | \*\*Cycle\*\* |  |  |

**Yoga**: Relax, strengthen & soothe the body & mind, while focusing on elongation, alignment, flexibility and breathing.

**Barre Class**: A dance inspired workout designed to enhance flexibility & balance while gaining strength & toning in the core, legs, glutes & arms.

**Box:** Prepare to sweat in this boot camp style boxing glass that rotates through intervals of punching **Heavy Bags**, kicks, drills & more. Gloves & mitts provided

**Indoor Cycling**: A fun, energetic, athletic cycling class. Ride through sprints, climbs, & recovery for a high calorie burning workout.

**Chisel**: A strength training class is designed to increase lean muscle tissue & metabolism. Blast the fat & define muscles. Weight equipment will be used.

**Hard Core Cycle**: This class will kick your ride up a notch by incorporating weight circuits off the bike maximizing calorie burn.

**Line Dancing**: A fun, choreographed dance class with a repeated sequence of steps. Intermediate & beginning levels classes available.

**Move & Groove & Country Sizzle**: Enjoy dancing to great music while improving cardiovascular health. These classes will be taught at a lower intensity level than Zumba Fitness

**RIP-**A Total body, 60 min choreographed Barbell/Weight Training Class. Strengthen, Tone & Define in record time.

**Silver Sneaker’s Classic**: Have fun while performing a variety of exercises designed to increase muscular strength & range motion. A chair is

available for seated or standing support. Hand weights, tubing and a ball is used. This class is a good start for members new to exercise.

**SilverSneaker’s Stretch**: Practice relaxing while increasing flexibility and range of motion. Chair & standing poses only are practiced in this class.

**Strong by Zumba:** A high intensity interval class (HIIT). You will be pushed past your perceived limits to reach your fitness goals

**Total Body Challenge:** Burn fat & tone up with this blend of cardio & strength training class using a variety of equipment.

**Transform-** A choreographed-hour long class blending yoga/pilates & sport exercises. .

**War-** An exhilarating total body workout where mixed martial arts (MMA) meets chart topping music*. Become Armed & Dangerous!*

**Zumba Fitness:** Exciting Latin moves and rhythms are combined with hip hop & international music to create a calorie torching, high energy dance party!