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|  | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 5:15am |  |  |  |  |  |  |  |
| 6:00am |  | **HIIT**  **High Intensity**  **Interval Training** |  | **Hard Core**  **Cycle**  **(gym)** | **Yoga** | **Hard Core**  **Cycle (gym) or**  **Tabata** |  |
| 8:00am |  |  |  |  |  |  | **Cycle**  **(upstairs)** |
| 9:00am |  | **Chisel** |  | **Chisel** | **Knock Out** |  |  |
| 10:15am |  | **Move & Groove** | **Yoga** | **Move & Groove** | **Line dancing**  **(beginning)** |  | **10:00**  **Saturday**  **Mix-up** |
| 11:15am |  |  | **Line dancing**  **(Intermediate)** |  |  |  |  |
| 4:30pm |  | **Chisel**  **(4:15)** |  | **Transform**  **(4:15)** | **Shine Dance Fitness** |  |  |
| 5:30pm |  |  | **WAR**  **YOGA (gym)** |  | **WAR**  **YOGA (gym)** |  |  |
| 6:30pm |  | **Knock Out** |  |  | **Cycle (gym)** |  |  |

**Group Exercise Class Description**

**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.

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

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

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

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

**R.I.P.P.E.D.-**Resistance, Interval, Power, Plyometrics, Endurance & Diet. The hottest, most fun, and efficient total body workout in the martetplace.

This One Stop Body Shock Class masterfully combines the best elements of fitness guaranteed to deliver incredible results.

**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 class

**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!

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