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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 5:15am |  |  |  |  |  |  |  |
| 6:00am |  | HIIT |  | HARD CORE  CYCLE  (GYM) | YOGA | CYCLE  OR  CHISEL |  |
| 8:00am |  |  |  |  |  |  | CYCLE  (GYM) |
| 9:00am |  | CHISEL |  | CHISEL | KNOCKOUT |  |  |
| 10:15am |  | MOVE  &  GROOVE | (10:00) YOGA | MOVE  &  GROOVE | LINE DANCING  (Beginning) |  | 10:00  Saturday  MIX-UP |
| 11:15am |  |  | LINE DANCING  (Intermediate) |  |  |  |  |
| 4:15pm |  | CHISEL |  | TRANSFORM  (Group Studio) |  | 4:30PM  CHISEL OR  TRANSFORM |  |
| 5:30pm |  |  | WAR/WEIGHTS  YOGA (GYM) | TRAMPOLINE | WAR/WEIGHTS  YOGA (UP) |  |  |
| 6:30pm |  | KNOCKOUT | Cycle (GYM) |  | Cycle (GYM) |  |  |

**GROUP EXERCISE DESCRIPTIONS**

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

**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.

**High Intensity Interval Training (HIIT)-** Quick bursts of intense exercise followed by short rest periods. HIIT will ignite your metabolism & burn serious calories.

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

**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. These classes will be taught at a lower intensity level than Zumba Fitness

**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

**Transform- A blend of yoga, Pilates, & sport exercises results in a uniquely dynamic workout. Negotiate, accept, rewind, and pursue the journey to discover your personal best. There’s only one YOU- give yourself the gift to transform.**

**Tramp-O-Lean- The next big Trend in Fitness! Classes are musically driven with simple & easy choreography. Challenge your coordination & balance in this cardio blast class. EXPECT TO SWEAT!**

**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!