











	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		HIIT High Intensity Interval Training	Cycle (gym)	Hard Core Cycle (gym)		Power Pump	
8:00am							Cycle (gym)
9:00am		Chisel	 ZUMBA	Cardio/Chisel	Knock Out	 ZUMBA	 ZUMBA
10:15am		Move & Groove	Yoga	Move & Groove	Line dancing (beginning)		
11:15am		 SilverSneakers FITNESS	Line dancing (Intermediate)	 SilverSneakers FITNESS	 SilverSneakers FITNESS Yoga Stretch	 SilverSneakers FITNESS	
4:30pm		Chisel (4:15)	 ZUMBA	Transform	Shine Dance Fitness		
5:30pm		Butts & Guts	War/Strength YOGA (up)	Power Pump	War/Strength YOGA (up)		
6:30pm		Knock Out	 ZUMBA Cycle (gym)		 ZUMBA Cycle (gym)		

Group Exercise Class Description

Butts & Guts: This special focus class is sure to get those ab, glute and leg muscles firmed up & well-toned. Come ready to sweat & burn in all the right places!

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

Shine Fitness & Dance Fitness Classes: Burn a ton of calories in these fun dance fitness classes. Choreographed dances to your favorite radio hit songs

Indoor Cycling & Hard Core Cycle: A fun, energetic, athletic cycling class. Ride through sprints, climbs, & recovery for a high calorie burning workout. Hard Core Cycle will incorporate circuits of strength training and cycle rides.

Knockout: Prepare to sweat in this boot camp style boxing class 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

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

Power Pump- Strengthen, Tone & Define your entire body in this one - hour weight-training program that challenges every major muscle group.

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.