





	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		HIIT	Cycle (gym)	Cycle (gym)	Yoga	Chisel	
8:00am							Indoor Cycle (gym)
9:00am		Chisel	SHiNE DANCE FITNESS	Knock Out	Knock Out 9:15 Yoga upstairs	SHiNE DANCE FITNESS	DANCE FITNESS Zumba/SHiNE
10:15am		Move & Groove	Yoga	Move & Groove	Line dancing (beginning)		10:00 KNOCK OUT
11:15am		 Silver Sneakers FITNESS	Line Dancing (Intermediate)	 Silver Sneakers FITNESS	Gentle Yoga	 Silver Sneakers FITNESS	
4:30pm		Chisel (4:15)	SHiNE DANCE FITNESS	Transform (4:15)	SHiNE DANCE FITNESS		
5:30pm		Butts & Gutts	War/Strength Yoga or Qigong (upstairs)	KnockOut	War/Strength Yoga or Qigong (upstairs)		
6:30pm		Knock Out	SHiNE DANCE FITNESS Cycle (gym)		 ZUMBA Cycle (gym)		

Group Exercise Class Description

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

Chisel: This total body strength training class is designed to create a stronger, leaner, toned physique using a variety of equipment such as dumbbells, resistance bands, exercise balls, body bars, weighted balls and other equipment.

Gentle Yoga: This class will offer a more gentle style of yoga postures & movement sequences. This class will incorporate an exploration of alignment, balance, strength, flexibility, breath & relaxation. A chair will be available for support and balance poses.

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 BootCamp 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

SHiNE DANCE FITNESS: Dance to your favorite hit songs while burning a ton of calories in this fun choreographed Dance Fitness Class

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.

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.