


	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		HIIT	CYCLE (gym)	CYCLE (gym)	YOGA	POWER SCULPT	
8:00am							INDOOR CYCLE (gym)
9:00am		POWER SCULPT	SHiNE DANCE FITNESS	BOX & BURN	POWER SCULPT 9:15 YOGA (up)	SHiNE DANCE FITNESS	DANCE FITNESS Zumba or SHiNE
10:15am		MOVE & GROOVE	YOGA (10:00)	MOVE & GROOVE	LINE DANCING (beginning)		10:00 BOX & BURN
11:15am		 SilverSneakers FITNESS	LINE DANCING (Intermediate)	 SilverSneakers FITNESS	GENTLE YOGA	 SilverSneakers FITNESS	
4:30pm		POWER SCULPT (4:15)	SHiNE DANCE FITNESS	POWER SCULPT (4:15)	SHiNE DANCE FITNESS	POWER SCULPT (4:15)	
5:30pm		STEP & SCULPT	WAR/STRENGTH YOGA (up)	BOX & BURN	WAR/STRENGTH YOGA (up)	LINE DANCE 3/8	
6:30pm		BOX & BURN	SHiNE DANCE FITNESS CYCLE (gym)	UPLIFT™	 ZUMBA CYCLE (gym)		

## Group Exercise Description

**HIIT:** High Intensity Interval Training incorporates several rounds of high intensity training followed by short periods of lower intensity training. HIIT is an efficient way to tackle your cardio & shred fat.

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

**BOX & BURN:** 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 class will be taught at a lower intensity level than Zumba Fitness or SHiNE Dance Fitness

**POWER SCULPT:** 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.

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

**SILVERSNEAKER'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 place for new members to begin a fitness routine.

**STEP & SCULPT:** Get a great cardiovascular & toning workout in this one-hour class. This class will include circuits of step choreography and weight segments for an all in one cardio/strength workout.

**UPLIFT:** This is a one-hour, total body, strength training class choreographed to iconic music! This UPLIFTING experience will leave you feeling strong & confident.

**WAR/STRENGTH:** An exhilarating total body workout where mixed martial arts (MMA) meets chart topping music. Strength training is included in this one-hour calorie torching workout.

**YOGA & GENTLE YOGA:** Yoga classes are created for all fitness level. Yoga classes are designed to enhance vitality & a sense of well-being. Practicing Yoga improves flexibility, balance, strength and posture.

**ZUMBA FITNESS:** Exciting Latin moves and rhythms are combined with hip hop & international music to create a calorie torching, high energy **DANCE PARTY!**