



















GROUP EXERCISE SCHEDULE

	MON	TUE	WED	THURS	FRI	SAT	SUN
5:30	SPIN JUDYLYNN		SPIN KRISTEN		SPIN ALAN		
	CROSS TRAINING JENN 	ULTIMATE CONDITIONING JOEL 	CROSS TRAINING HEIDI 	ULTIMATE CONDITIONING STEVE 	CROSS TRAINING JOEL 		
7AM	HYDRO THERAPY JOEL 			AQUA TABATA CHRISTO 	HYDRO THERAPY JOEL 		
8AM	YOGA FLOW KRISTEN 50 MIN	DEFINITIONS SORAYA 50 MIN	MAT PILATES CAROLE 50 MIN	DEFINITIONS CAROLE 50 MIN	BEYOND BARRE NICOLE 50 MIN	BODY PUMP JUDYLYNN	TABATA HIIT CRYSTAL 
	CROSS TRAINING CHRISTO 		TABATA STRENGTH TONI 		CROSS TRAINING CHRISTO 	AQUA SPORT HEIDI 	
			HYDRO POWER HOUR PAULA 				
9AM	BODY PUMP KRISTEN	BEYOND BARRE NICOLE	BODY PUMP KAREN	MAT PILATES CAROLE 50 MIN	BODY PUMP GINA	SPIN JODI	SPIN ALAN
	SPIN CAROLE				SPIN KAREN	AQUA JOG HEIDI 	BEYOND BARRE LOURDES
9:15		POWER HOUR KRISTEN 		POWER HOUR JENN 		YOGA FLOW ELIZABETH	
						INSANITY MAX BRIAN 50 MIN 	
10AM		BUTTS & GUTS JACKIE 50 MIN		BEYOND BARRE NICOLE 50 MIN			BODY PUMP CRYSTAL
10:15	YOGA FLOW ELIZABETH		YOGA FLOW IRADA		MAT PILATES LISA	YOGA FLOW ELIZABETH	
5PM	MAT PILATES LISA 50MIN		INSANITY MAX CHRISTO 50MIN				
6PM	BODY PUMP JUDYLYNN	SPIN JUDYLYNN	RAQ THE BARRE SORAYA	BODY PUMP CRYSTAL			
6:30		FINGERS TO TOES SOPHIA					
7:15				YOGA FLOW ELIZABETH			

PLEASE REACH OUT TO FITNESS DIRECTOR,
MELISSA HUNTINGTON WITH ANY QUESTIONS
MELISSAHKCM@GMAIL.COM



ARMS & ABS

Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted, high impact workout class that strengthens and tones all of your core/glute muscles.

BEYOND BARRE

A unique body transforming workout that incorporates body sculpting, fat burning and muscle lengthening. Light weights will be used to tone the arms. Abdominal work will narrow the waist and barre work will sculpt the thighs and lift the seat.

BODYPUMP™

A barbell class that strengthens your entire body. Designed to improve strength and endurance, this workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and your choice of weight inspire you to get the results you came for – and fast!

BUTTS & GUTS

Isolate, burn, and tone your arms and abs with this upper body strength class. You'll hit your triceps, biceps, shoulders, and core by flowing through moves like Swimmers, Skull Crushers, Planks, and Presses. Embrace any shaking muscles with this effective workout!

CROSS TRAINING

Find your inner athlete during these workouts with an emphasis on strength, quickness, stamina and balance in a group training format. This training will also lead to long-term joint protection, injury prevention and increased metabolism.

DEFINITIONS

Muscle conditioning for the entire body - this class utilizes light and heavy weights as well as additional props to target major muscle groups with the added benefit of deep core conditioning and stretching.

FINGERS TO TOES

A full body workout, doing at least one exercise per muscle group. Starting with the fingers, wrists, forearms...and all the way down to the toes. Sculpt and tone the entire body doing a variety of different exercises between standing, mat work and more. Suitable for all fitness levels.

INSANITY MAX

A high intensity class where you will work to your max in every move and every minute, so you can torch MAX calories, burn MAX fat, and achieve MAX muscle definition. It's a battle between your body and your mind to see how far you're willing to go for insane results.

MAT PILATES

An artful, non-impact form of exercise based on the methods pioneered by Joseph Pilates. Breathing techniques are used to aid in developing abdominal strength and stabilization through a series of controlled movements. Come see why this has become one of the most popular forms of exercise today. This class is appropriate for all ages and fitness levels.

Power Hour

Power Hour uses a variety of equipment and exercises to keep workouts interesting & challenging. This workout combines moderate/high intensity cardio and weight training which strengthens, conditions, tones and defines muscles providing the ultimate training class.

RAQ THE BARRE®

Tone and condition your entire body from top to toe with a cardio core barre method designed to improve torso and hip flexibility. Using a variety of fitness props, a full barre series, and mat exercises, this class will pay special attention to developing muscle balance and enhancing your posture.

SPIN

60 minute cardiovascular workout on a stationary bike in a group setting. Spinning has a reputation for intensity but all classes are designed for beginners, hard-core cyclists and everyone in between. Instructors motivate riders and guide them to adapt their workout to their own experience and skill level.

ULTIMATE CONDITIONING

An intense cardiovascular, core and strength training workout. The cardiovascular training will be high intensity, high impact. The strength training portion will focus on sculpting and toning muscles as well as core conditioning.

YOGA FLOW

An all levels, Vinyasa style class that will link breath to movement in an athletic workout, with focus on strengthening and restoring the body and mind.

AQUA JOGGING

Aqua Jogging is deep water running and traveling workout. Utilizing the AquaJogger® buoyancy belt, this class is guaranteed to challenge your body, your core muscles, and your stamina. The AquaJogger® buoyancy belt comfortably suspends you at shoulder level in deep water allowing you to breathe normally and move freely. Hand buoys, bands, noodles, and kick-boards may be used to provide increased resistance and exercise variations.

AQUA SPORT

This moderate to high intensity deep water class will use a variety of exercises to enhance cardiovascular while strengthening and toning muscles. Participants must be comfortable in deep water.

HYDRO THERAPY TRAINING

Enjoy a full body, low impact work out with Joel St. Cyr. This class will concentrate on cardiovascular training and full range of motion full-body muscular training. Class will be held in the shallow end of the pool.

HYDRO POWER HOUR

A high energy, cardio intensive, core focused class with a more athletic approach to water fitness. Workout to upbeat music in the deep end of the pool. Flotation belts are used for stability and efficient use of all muscle groups. Get ready for segments utilizing HIIT, circuits, kickboxing, and aqua jogging. Hand buoys, noodles, loop bands and kickboards may be used to provide increased resistance and exercise variations.