

GROUP EXERCISE



Effective July 21, 2014

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	Spin Janice		Spin Tom		Spin Kevin		
5:30am	Bootcamp David		Bootcamp David [B]		Bootcamp David [B]		
5:45am		Total Body Boxing Gina [B]					
8:00am	Zumba Lourdes	Total Body Boxing Gina [B]	Zumba Lourdes	Bootcamp Melissa [B]	RX60 David	Spin Maura	Bootcamp David [B]
						BodyPump Julie	
9:00am	Spin Tom	Muscle Conditioning Soraya	Spin Vivienne	Muscle Conditioning Soraya	Spin Maura	Total Body Boxing Bobby	Spin Vivienne/Janice
	RX90 Kym (90)		Beyond Barre Lourdes [P]		Triple Ball Threat Soraya		Beyond Barre Lourdes [P]
9:30am		Total Body Boxing Gina [B]		Spin Maura	Total Body Boxing Gina [B]	Fluid Yoga Meg	
		Beyond Barre Julie [P]					
10:00am	BodyPump Julie	Vinyasa Flow Yoga Rachel	BodyPump Julie	Vinyasa Flow Yoga Rachel [P]	Yoga for Fitness Victoria (75)		BodyPump Haley/Shari
	Power Pilates Kristen [P]		Pilates Mat Sandy	Raqisa Soraya	Beyond Barre Soraya [P]	All classes will be held in the Group Exercise Studio unless otherwise noted: () = Class length [B] = Boxing Studio [F] = Fitness Floor [P] = Pilates Studio \$ = Fee for non members	
6:00pm	BodyPump Haley	Bootcamp David	Belly Barre Soraya [P]	BodyPump Haley			
6:30pm		Spin Debbie		Spin Tom			
7:00pm		Vinyasa Flow Yoga Chere	Raqisa Soraya				

GROUP EXERCISE CLASSES

BELLY BARRE

Maintaining all the perks from your traditional barre exercises, plus deep core belly dance inspired cardio movements infused into the workout to burn more calories and build kinesthetic awareness. Learn "how" to use your core muscles in space as you create long, lean muscles, build stamina, and perfect your posture.

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.

BODY MATRIX FLOW™

A unique and innovative fusion of hard core fitness training, vinyasa low and qigong. With a strong focus on cutting edge anatomy via the myofascial meridians, movement of energy through the body and TRUE core training.

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!

BOOTCAMP

A perfect class for men and women hoping to improve their overall levels of fitness. Pull, push, run, jump - anything goes in this circuit-style class designed to enhance your strength, speed, agility and balance. Sport specific drills introduced.

MUSCLE CONDITIONING

Define your muscles and condition your body and mind to a stronger you. This conditioning class is designed to improve your muscular strength and endurance utilizing a variety of resistance equipment such as tubing, free weights and medicine balls.

PILATES MAT

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 PILATES

The ultimate core workout. Develop long, lean muscles and a strong core. Strengthen and tone your entire body while focusing on the core-abdominal muscles during this non-impact workout.

RAQISA

Raqisa, (pronounced RA-KEE-SA), means "female dancer" - Learn authentic belly dance moves with easy to follow choreography and train like a dancer! During this class you can expect to build stamina and speed as you perfect your posture and dance form. This is a great cardio workout with a touch of belly barre to reinforce alignment and form. Bring your daughter or your friends as belly dance celebrates the beauty of women and her healthy body! Raqisa Belly Dance: matching strength with grace!

RX90 & RX60

Prescription for progress! We have bundled your complete fitness workout into 90 or 60 minutes. Start with a dynamic warm up followed by challenging core and balance work, power moves, strength training, cardiovascular and end with stretching and you have a formula for success for any fitness goal. This class is for all levels and all abilities.

TOTAL BODY BOXING

A fitness boxing class that will build your strength, power and confidence. Punch, kick and sweat your way to a leaner, meaner you! Work your way around the circuit of 3-minute drills at your own level. Stations of the circuit will focus on full body conditioning with an emphasis on boxing skills and techniques. All fitness levels are welcome.

TRIPLE BALL THREAT

Triple the benefits with this creatively designed cardio ball workout. Learn unique ball combos intended to train the cardio and the core, as well as condition muscles. Set to a fun soundtrack this intense ball workout is a fun way to train functionally.

YOGALATES

This class combines the flexibility and meditative aspects of yoga with the muscle strengthening and toning benefits of pilates.

ZUMBA

A high energy, low impact, sizzling selection of dance and fitness moves choreographed to great Latin music. Easy for everyone to pick up, this class is a major calorie burner and tons of fun!

SPIN

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.

YOGA

FLUID YOGA

Fluid Yoga is a dynamic Vinyasa Flow. Fluid Yoga places attention in a mindful way on breath and movement. It incorporates organic and intuitive flows while emphasizing continual movement throughout the mindful practice to build endurance, flexibility, strength and a clear mind. Fluid will both challenge and evolve your practice if you come with an open mind and mindful approach.

VINYASA FLOW

This invigorating power yoga based full body workout has a strong focus on the core that will leave you energized and stress free. Moderately heated room (75 degrees); towel and water bottle recommended. All levels welcome.

YOGA FOR FITNESS

The perfect compliment to any fitness regimen. Empower your mind and strengthen your body performing yoga poses with a strong emphasis on core strength. Therapeutic ball rolling will be incorporated into each class.

KIDS

KIDS BOOTCAMP ages 8-11

Pull, push, run and jump – anything goes in this circuit style class designed to enhance your strength, agility and balance. FREE for members, \$10 non-members.

FAMILY ZUMBA all ages

The entire family is invited! This high energy dance class will keep you movin' and groovin' to the rhythm of a Latin beat! This class is easy for everyone to follow and is guaranteed to keep you laughing during this full body workout. FREE for members, \$10 non-members.