



UNLIMITED Group Fitness Schedule

January 2nd – March 31st 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 am Cycle*★ Erin ER2	6:00-6:45 am HIIT Strength Tess ER1	9:30-10:30 am Mat Pilates Stephanie CRE	6:00-6:45 am HIIT Strength Tess ER1	6:00-6:45 am HIIT Mix Tess ER1	8:15-9:00 am Cycle*★ Erin ER2	8:30-9:30 am Cycle*★ Melissa ER2
8:30-9:30 am Interval Blast Tess ER1	6:45-7:30 am HIIT Strength Tess ER1	9:30-10:30 am Interval Blast Christy ER1	6:45-7:30 am HIIT Strength Tess ER1	6:45-7:30 am HIIT Mix Tess ER1	9:00-9:45 am Circuit Rotation NG	9:30-10:30 am RIP®*★ Alicia ER1
9:30-10:30 am Boot Camp Tess SG	8:30-9:30 am RIP®*★ Alicia ER1	10:30-11:30 am RIP®*★ Alicia ER1	8:30-9:15 am Cycle*★ Tess ER2	8:30-9:30 am Cycle*★ Sherrye	9:30-10:30 am Zumba® Mary ER1	
9:30-10:30 am Cycle*★ Courtney ER2	9:30-10:30 am Cycle*★ Melissa ER2	12:00-12:45 pm Gentle Yoga Rotation MPA	9:30-10:00 am Kettlebell Strength Tess ER2	8:30-9:30 am Gentle Yoga Danielle MPA		
10:30-11:30 am Mat Pilates Christy CRE	9:30-10:15 am Circuit Tess SG	5:30-6:00 pm HIIT Cycle*★ Tess ER2	9:30-10:30 am Circuit Christy SG	9:30-10:30 am Total Body Strength Rotation SG		
<i>NEW CLASS!</i> 11:00-12:15 pm Moderate Yoga Ken MPA	9:30-10:30 am Zumba® Janet ER1	6:00-7:00 pm Yoga Flow Angie MPA	9:30-10:30 am Zumba® Lori ER1	9:30-10:30 am PiYo™ Kim ER1		
6:00-7:00 pm Zumba® Alicia ER1	10:30-11:15 am Barre★ Alicia ER1	6:00-7:00 pm RIP®*★ Tess ER1	10:30-11:30 am Gentle Yoga Marlene MPA	9:30-10:30 am Functional Walk Marianne Indoor Track		
6:00-7:00 pm Yoga Flow Melissa MPA	5:30-6:15 pm Functional Fitness Rotation ER1	7:00-7:45 pm Barre★ Angie MPA	10:30-11:30 am Barre Pilates Mix Jessica ER1	10:30-11:30 am Barre Pilates Mix Jessica ER1		
7:00-7:30 pm Lean Legs, Great Glutes and Core Alicia ER1	6:30-7:15 pm Cycle*★ Erin ER2		5:30-6:00 pm Kickboxing Alicia ER1	Legend: * Due to class set-up, participants MUST arrive 10 minutes early ★ Limited space - filled on a first come, first served basis All shaded classes are included in Basic Membership CRE - Community Room East ER1 - Exercise Room 1 ER2 - Exercise Room 2 MPA - Multi-Purpose A NG - North Gym SG - South Gym Classes are subject to change and/or cancelation.		
	6:30-7:30 pm PiYo™ Kim ER1		6:00-6:30 pm Total Body Strength Alicia ER1			
			6:30-7:30 pm Zumba® Mary ER1			



BASIC

Group Fitness Schedule

January 2nd – March 31st 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30 am Interval Blast Tess ER1	9:30-10:15 am Circuit Alicia SG	12:00-12:45 pm Gentle Yoga Rotation MPA	9:30-10:00 am Kettlebell Strength Tess ER2	6:00-6:45 am HIIT Mix Tess ER1	8:15-9:00 am Cycle* ★ Erin ER2	
7:00-7:30 pm Lean Legs, Great Glutes and Core Alicia ER1	6:30-7:15 pm Cycle* ★ Erin ER2	7:00-7:45 pm Barre ★ Angie MPA	5:30-6:00 pm Kickboxing Alicia ER1	6:45-7:30 am HIIT Mix Tess ER1		
			6:30-7:30 pm Zumba Mary ER1	8:30-9:30 am Cycle* ★ Sherrye ER2		

NEW CLASS DESCRIPTIONS

Barre Pilates Mix – The perfect mix of Barre and Pilates! A low-impact, total body workout, focusing on muscular balance, form and alignment.

Lean Legs, Great Glutes and Core – Discover a multitude of exercises and combinations to strengthen your legs, glutes and core. You'll also receive a sprinkling of upper body and balance.

HIIT Cycle – An intense ride! Conquer high intensity sprints and hills like a pro.

Functional Walk – Take your walking to the next level! Instructor led class to motivate and challenge you as you maneuver around the track. Strength exercises for upper and lower body will also be incorporated as well.

HIIT Strength – Push your limits with heavy weights, plyometrics, progressions and more. Strength-based class with cardio mixed in to help burn fat and build muscle.

HIIT Mix – A high energy cardio class to get you up and moving. Keep your heart pumping with tabata, intervals and more!

Interval Blast – This class is packed full with timed intervals to blast calories and keep you sweating. Mix of cardio, body-weight strength and core exercises for a total body workout.

Kettlebell Strength – Gain strength and build muscle with a total-body kettlebell workout.

Moderate Yoga – A sequence that concentrates on the full body. Specific focus is give to the shoulders, hips, spine, knees and back, as they are the key arthritic joints in the body. Strength building, balance and breathing techniques are also incorporated.

8:30-9:30 am Gentle Yoga Danielle MPA
10:30-11:30 am Barre Pilates Mix Jessica ER1

All full-facility members have access to the Basic Group Fitness Schedule at no additional cost.

Legend:

- * Due to class set-up, participants MUST arrive 10 minutes early
- ★ Limited space, filled on a first come, first served basis

CRE - Community Room East

ER1 - Exercise Room 1

ER2 - Exercise Room 2

MPA - Multi-Purpose A

NG - North Gym

SG - South Gym

Classes are subject to change and/or cancelation.

VISIT OUR WEBSITE FOR DESCRIPTIONS OF ALL FITNESS CLASSES!