

MONDAY

6:15am Spin
7:05am Abs
10:00am Water Aerobics
12:00pm Spin
12:15pm Yoga
12:15pm Total Definition
12:45 15 Minute Abs
5:30pm Spin
5:30pm 15 min abs
5:30pm Cardio Fusion
6:20 Pilates
6:20 15 minute abs
6:30 Spin
6:30 Tai Chi

WEDNESDAY

10:00 Water Aerobics
12:00 Spin
12:15 Total Definition
12:15pm Yoga 1
12:45 15 minute abs
5:30pm Spin
5:30 15 minute abs
5:45 Bootcamp Blitz
6:20 Pilates
6:20 15 minute abs
6:30 Yoga

FRIDAY

10:30 Stretch!
12:00 Spin
12:15 Total Definition
12:15 Yoga
12:45 15 minute abs
5:30pm Week's End Yoga

TUESDAY

11:15am Pilates
12:00pm Spin
12:00 Tread
12:00 Dance Flow
12:15pm Yoga 2
1:00Tone It Down
5:30pm Spin
5:30pm Water Aerobics
5:45 Interval Blitz
6:20pm Total Definition
6:30pm Yoga
7:15 Latin Dance

THURSDAY

6:30 AM Abs
7:05 AM Abs
12:00 Spin
12:00 Kickboxing
12:15 Yoga 2
1:00 Tone It Down
5:30pm Zumba
5:30 Spin
5:30pm Water Aerobics
6:20 Total Definition
6:30 Yoga

SATURDAY

9:00am Spin
9:30am Bootcamp
10:30am Extended Yoga

CLASS DESCRIPTIONS

15 minute abs: Nothing soft about it. 10-15 minutes of hard core abs. Let's see how long you can last. Afternoon classes located in the aerobics gym, evening classes in the cardio room ab area.

Boot Camp Blitz: 30 minute attack for those of you on a tight schedule. Boot Camp condensed.

Cardio-Fusion: Cardio Interval class INTENSIFIED! Many different modalities of cardio training all in one great fat-burning class. This class may include steps, stability balls, med balls, tubing, and/or hand weights. (45 min.).

H2O: Water aerobics. I could go on about this one forever (but I'm running out of room on this page!). Huge therapeutic benefits. Good for all abilities. Low impact but still high intensity.

Interval Blitz: Latest and greatest in the calorie burning craze. Want to maximize your before and after calorie burn, the answer is intervals. Join us in this class to get it done, and get it done quickly using cardio drills.
(30 min.)

Latin Dance: Who knew exercise could be so fun?! No partner needed. Learn salsa, meringue, and bachata. This is not Zumba. It is actual dance lessons. Free to members.

Pilates: A balanced body workout. Builds strength with a focus on core stability. All fitness levels are welcome for the challenge. (45 min.)

Spin*: Best calorie burner in the building! Good for all abilities. Participants range from the professional athletes to the senior with the hip replacement (we've had them both). You decide how hard you will work.

Stretch!: 30 minutes of low key muscle lengthening. Located in the Yoga room.

Tai Chi: A meditative form of gentle martial arts, Kathryn's Tai Chi class pulls from Chi Kung exercises and T'ai Chi Ch'uan combinations.

Tone it Down: A weight lifting class for the novice lifter. Never lifted before? Put a stop to the intimidation and join Carrie for 45 minutes of proper technique. Come prepared to move some weights around.

Total Def.: This class is designed to strengthen and tone all muscle groups in a totally intense way. Bands, hand weights, bars, steps, etc. will be used.

Tread: Feel like your training is going nowhere? Nothing like taking that frustration out on the machine that is the epitome of this. Work the stationary treadmill like it's never been worked before. For walkers and runners (both will be challenged). 30 minutes. Located in the cardio room. First come first serve.

Turbokick: High energy kickboxing.

Yoga 1 & 2: A strength form of yoga that will make you sweat! Yoga 1 is for the beginner/intermediate, and Yoga 2 is for the intermediate/advanced. Week's End Yoga-a traditional approach to yoga perfect for the purist, focusing on form and breath.
(1hr.) Extended Yoga is 1.5hours (on Saturdays)

Zumba: A high energy Latin dance class that anyone at any level will enjoy. Just take it and see!!!!

***Class space is limited for Spin. Please call ahead and reserve your spot 1-hour before the start of the class.**