



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7:00-8:00 AM						
8:00-9:30 AM	Senior Volleyball			Senior Volleyball		
9:30-10:00 AM	Senior volleyball			Senior Volleyball		
10:30-11:00 AM		Spin		Spin		
10:00-11:00 AM	Senior Volleyball			Senior Volleyball		
12:00-1:00 PM 12:00-1:00 PM 12:00-1:00PM		Yoga *12:15pm*	Restorative Yoga "Jennifer" 12:15pm	Yoga 12:15pm	Yoga Abs "Jennifer" 12- 1:00pm	
	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
	HIIT	Mo Betta Booty & Abs	HIIT	Mo Betta Booty & Abs	Mo Muscles	
12:15- 1:30 PM	Restorative Yoga "Jennifer"					
4:00-5:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
4:00-5:00 PM						
4:15- 5:15 PM	The Method "Pilates" "Lynne"		The Method "Pilates" "Lynne"			
5:00- 6:00 PM						
	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
5:30-6:30 PM				Basic Kick Boxing		
	Basic Yoga "Jennifer"			Basic Yoga "Jennifer"		
6:00-7:00 PM						
6:00- 7:00 PM		Restorative Yoga "Jenn"				



COLOR KEY

STUDIO 1

STUDIO 2

STUDIO 3

WEIGHT ROOM

CARDIO ROOM

Wellness Center

SS
DESCRIPTIONS

PILATES – This class will focus on precise movements that will develop core strength, flexibility, balance, and stamina. Appropriate for all fitness levels.

YOGA - Experience a variety of poses that increase your strength, balance, and flexibility. Great for relieving stress after a long day! Appropriate for all fitness levels!

CROSSFIT- A high-intensity fitness program incorporating elements from several sports and types of exercise.

SPIN- Indoor cycling class that focuses on improving endurance and strength.

BUTTS AND GUTS - This class will primarily focus on building core and lower body strength.

HIIT- “High-intensity interval training” is a class in which you will give all-out effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. It is designed to keep your heart rate up and burn fat in less time!

KICKBOXING- Basic kickboxing/ cardio