



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7:00 AM	RIDE N ROW (Lisa Jackson)	CORE-N-MORE (Sandra Jackson)	RIDE N ROW (Lisa Jackson)	CORE-N-MORE (Sandra Jackson)	TABATA (Sandra Jackson)
8:30-9:15 AM	<b>NEW</b> ZUMBA (Lindsay Travis)	4x4 Fit (Tashona Burcham)	<b>NEW</b> ZUMBA (Lindsay Travis)	4x4 Fit (Tashona Burcham)	
9:30-10:30 AM	FUNCTIONAL BODYBUILDING (Dan & Joshua)	FUNCTIONAL BODYBUILDING (Dan & Joshua)	FUNCTIONAL BODYBUILDING (Dan & Joshua)	FUNCTIONAL BODYBUILDING (Dan & Joshua)	FUNCTIONAL BODYBUILDING (Dan & Joshua)
9:45-10:30 AM		SILVER SNEAKERS (TBA)		SILVER SNEAKERS (TBA)	
10:00-10:45AM	<b>NEW</b> ZUMBA LOW (Lindsay Travis)		<b>NEW</b> ZUMBA LOW (Lindsay Travis)		TAI-CHI (Josh Pond)
10:45-11:45AM		FUNDAMENTAL YOGA (Wichitra Wallentine)		GENTLE FLOW YOGA (Wichitra Wallentine)	PICKLEBALL 11:00-1:00PM
11:00-12:00 PM	FUNCTIONAL BODYBUILDING (Dan & Joshua)	FUNCTIONAL BODYBUILDING (Dan & Joshua)	FUNCTIONAL BODYBUILDING (Dan & Joshua)	FUNCTIONAL BODYBUILDING (Dan & Joshua)	FUNCTIONAL BODYBUILDING (Dan & Joshua)
11:30-12:15 PM	STRENGTH RESTORE (Josh Pond)	CANE-CHI (Josh Pond) 11:45am-12:15pm	STRENGTH RESTORE (Josh Pond)	CANE-CHI (Josh Pond) 11:45am-12:15pm	STRENGTH RESTORE (Josh Pond)
12:05-12:45 PM	LUNCH CRUNCH (Jordan Benson)	RIDE N ROW (Lisa Jackson)	LUNCH CRUNCH (Jordan Benson)	RIDE N ROW (Lisa Jackson)	AMRAP (Jordan Benson)
5:10-6:00 PM	CIRCUIT TRAINING (Tammy Ezell)	YOGA (Samantha Brown)	CIRCUIT TRAINING (Tammy Ezell)	YOGA (Samantha Brown)	
5:15-6:00 PM			BARRE (Samantha Brown)		
5:15-6:00 PM	RIDE N ROW (Krista Henson)	RIDE N ROW (Jennifer Green)	RIDE N ROW (Krista Henson)	RIDE N ROW (Jennifer Green)	
5:30-6:30PM		<b>NEW</b> ZUMBA (Lindsay Travis)			
6:10-7:10 PM	TURN UP {DANCE FITNESS} (Laura Hendrickson)			TURN UP {DANCE FITNESS} (Laura Hendrickson)	
6:40PM-7:30pm					
7:10-9:00PM	TAEKWONDO (Amy Hervey) (All Ranks)			TAEKWONDO (Joey Robinson) (All Ranks)	
8:00-9:00PM	TAEKWONDO (Amy Hervey) (Advanced)			TAEKWONDO (Joey Robinson) (Advanced)	

**Mondays: Pickleball pick-up (far side court) 7:10-9pm**

**Saturdays: Pickleball (Full Court) 9AM – 11AM**

COLOR KEY	STUDIO 1	STUDIO 2	STUDIO 3 & 4	CYCLE STUDIO	FUNCTIONAL FLOOR	BASKETBALL COURT	CROSSFIT ROOM
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**AMRAP** – A high intensity, explosive training session that will engage the core by incorporating strength, power, and cardiovascular training. Complete AMRAP (As Many Rounds As Possible) for a major calorie burn.

**BARRE**- A blend of elements from Ballet, Yoga and Pilates. You will focus on low impact movements with a high intensity feel. With the use of small weights and higher reps you will hit muscles you didn't know you had! All levels

**BASIC FUNDAMENTALS OF YOGA**- This beginner class introduces fundamental principles of alignment, and breath work. You will be introduced to postures through step by-step verbal description and demonstration. Emphasis is placed on student understanding, safety and stability within each pose. This class is perfect for those new to yoga.

**CANE CHI** -Where the cane is not a crutch! A Tai chi style meditation and movement class. Cane Chi is easy on the joints and relaxing on the mind. A cane or any type of stick or pole that you can hold in your hand will work in this class. A chair is provided if you choose to sit.

**CIRCUIT TRAINING**- Circuit training is a combination of 5 or more exercises performed with short rest periods between them for either a set number of reps or a prescribed amount of time. It is an excellent way to improve cardiovascular fitness and muscular strength endurance.

**CORE 'N' MORE** - This short explosive workout provides full body strength training with a strong focus on the core. Appropriate for all fitness levels.

**FUNCTIONAL BODYBUILDING (FBB)** – Using quality movement to develop motor control, strength, and hypertrophy. Incorporates traditional bodybuilding principles, such as tempo and periodization, with functional movements.

**GENTLE FLOW YOGA**- This class incorporates simple flowing sequences to warm up the body, as well as slower pace movements focusing on alignment, strength balance and flexibility. Each class ends with an extended period for relaxation. No experience or flexibility required.

**GLUTES AND CORE PARTY!** – Lights and high energy, muscle toning class focused on building your glutes and strengthening your core. The workout will consist of various circuit style exercises using just your body, resistance bands and dumbbells. Come ready for some fun!

**NEW ZUMBA**- With a fusion of Latin and international music, this dance class is exciting, fun, and full of energy! Come join the party!

**LUNCH CRUNCH** – Looking for a speedy but serious workout on your lunch break? This 20-minute full body workout was designed for you. Keep the heart rate elevated while building muscle and core strength all in a short amount of time. No excuses! Lets Go!

**RIDE N ROW** - A high energy, low impact workout which incorporates indoor cycling (spinning) and rowing to wherever the high energy music may take you! Go at your own pace!

**SILVER SNEAKERS** - Experience a variety of exercises designed to improve muscular strength, range of motion, and the activities of daily living. You'll use handheld weights, elastic tubing, and a soft ball for each workout. A chair is always available if needed.

**STRENGTH RESTORE** – Gentle strength training, suitable for anyone returning to activity. This class is developed to restore health after illness and/or injury and maintain activities of daily living. **WALK OR RIDE BIKE 10-15 MINUTES BEFORE CLASS.**

**TABATA TIME**- 20 seconds to work and 10 seconds to rest for 8 cycles and a total of 4 minutes per round then repeat! Hitting cardio, strength and core! Boom!

**TAEKWONDO** - Here you will learn training and technique for unarmed self-defense. It involves the skilled application of punches, kicks, blocks, and dodges. No gear necessary, must be age 10 or older.

**TAI-CHI** – Based on the Tai-chi for Arthritis program by Dr. Paul Lam, this class is low impact, safe, and easy to learn. You will learn how to relieve pain, reduce falls, and improve quality of life, suitable for all ages and fitness levels.

**TURN UP** – A dance-based fitness class that involves dance and aerobic elements. This class incorporates salsa, samba, hip-hop, mambo and other dance styles all set to a Latin rhythm. The class is fun, so come join the party!

**YOGA** – This class will incorporate yoga postures and gentle movement sequences as you increase your awareness of breath and body connection. Quiet time and relaxation will end your total yoga experience. All levels

**4X4 FIT**- Four exercises all performed for 1 minute each with a 30 second rest in between for a total of 4 rounds. This workout is short and sweet in the style of circuits and or intervals at its best!