



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:05-7:00AM		BOXING (CHRIS TODARO)	BOXING (CHRIS TODARO)	BOXING (CHRIS TODARO)	
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)	Glutes and Core (Sandra Jackson)
8:30-9:15 AM	NEW ZUMBA (Lindsay Travis)	4x4 Fit (Sandra Jackson)	NEW ZUMBA (Lindsay Travis)		4x4 Fit (Tashona Burcham)
9:45-10:45AM	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 (Sandra Jackson)		SILVER SNEAKERS (Sandra Jackson)	
10:00-10:45AM	NEW ZUMBA LOW (Lindsay Travis)		NEW 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)
12:05-12:45PM	LUNCH CRUNCH (Jordan Benson)	RIDE N ROW (Lisa Jackson)	LUNCH CRUNCH (Jordan Benson)	RIDE N ROW (Lisa Jackson)	CORE N MORE (Tashona Burcham)
5:10-6:00 PM	CIRCUIT TRAINING (Tammy Ezell)	BARRE (Samantha Brown)	CIRCUIT TRAINING (Tammy Ezell)	YOGA (Samantha Brown)	
5:10-6:00 PM	NEW PILATES (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		NEW ZUMBA (Lindsay Travis)			
6:10-7:10 PM	TURN UP {DANCE FITNESS} (Laura Hendrickson)	BOXING (Chris Todaro)	BOXING (Chris Todaro)	TURN UP {DANCE FITNESS} (Laura Hendrickson)	
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)	

SATURDAY BOXING CLASS: 10:00AM (CHRIS TODARO)

COLOR KEY	STUDIO 1	STUDIO 2	STUDIO 3 & 4	CYCLE STUDIO	FUNCTIONAL FLOOR	BASKETBALL COURT	CROSSFIT ROOM
-----------	----------	----------	--------------	--------------	------------------	------------------	---------------

MONDAY: PICKLEBALL PICK-UP (FAR SIDE COURT) 7:10-9pm SATURDAY: PICKLEBALL (FULL COURT) 9AM – 11AM

Classes and instructors are subject to change without notice



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.

NEW BOXING- Learn the fundamentals of boxing or become a better boxer by sharpening the boxing skills you have! drilling with a partner or hitting the bag, this class will deliver a great workout! All levels welcome!

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- The focus is activation of the stabilizer muscles of the hips/ glutes and strengthening your core. The workout will consist of various circuit style exercises using A RESISTANCE BAND.

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!

NEW PILATES- A type of low impact workout that incorporates light resistance training by performing small, repetitive, intense movements With a strong focus on the core muscles that help build strength and develop balance. May use the band, Pilates ring, or no equipment at all.

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.**

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, ad 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!

You DO NOT have to sign up for these classes. JUST SHOW UP!