

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		SPORTS CONDITIONING(\$) 5:30AM STEVE		SPORTS CONDITIONING(\$) 5:30AM STEVE		
		SPORTS CONDITIONING(\$) 9 AM STEVE		SPORTS CONDITIONING(\$) 9 AM STEVE		YOUTH MARTIAL ARTS(\$) 9:30AM MIKE
		YOGA BASICS 10 AM (30 MIN.) STEVE		YOGA BASICS 10 AM (30 MIN.) STEVE		ADULT MARTIAL ARTS(\$) 10:30AM MIKE
		YOUTH MARTIAL ARTS(\$) 5PM MIKE		YOUTH MARTIAL ARTS(\$) 5PM MIKE		
		ADULT MARTIAL ARTS(\$) 6PM MIKE		ADULT MARTIAL ARTS(\$) 6PM MIKE		

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS
 (\$) = FEE BASED CLASS. SEE INSTRUCTOR OR CHECK AT FRONT DESK FOR DETAILS
 (PRE-REGISTER) = LIMITED EQUIPMENT. PRE-REGISTER AT THE FRONT DESK

BODY SHOCK A full body workout with sports conditioning, cycling and basic cardio moves meant to shape and tone your body. 90min

BOSU BLITZ Cross-training with the BOSU combined with strength, cardio, flexibility and core. Each class will be new, challenging and fun! 75min

CHIZZLED Functional strength training using weights, bands and body bars to sculpt your entire body and raise your heart rate. 60min

CARDIO BLAST A mix of cycling, kickboxing and STEP/BOSU. A great way to burn calories and boost your fitness level. 60min

CARDIO DANCE Popular dance moves, Urban Street Dance and Latin Dance are included to crank up the heat and burn some calories! 60min

CORE (\$) Personal Training in a group setting. Enjoy the companionship of a group while increasing strength, coordination and balance. *Monthly class, only 12 spots available. Fee is \$65/month for all classes.*

CYCLING An interval based cardio workout on a stationary bike. Riders can regulate their own intensity of the workout through speed and resistance. 60min *Registration required for am classes.*

CYCLING & ABS Just like it sounds 60min of cycling followed by 15min of core strengthening exercises. The perfect combo! 75min

CYCLING CIRCUIT Combination of cardio cycling and resistance training intervals. 60min

CYCLING/YOGA A fusion class with 40min of cycling followed by 20min of yoga. Get a great cardio workout and improve your flexibility! 60min

HATHA YOGA Basic yoga postures done gently to promote strength, flexibility, improve range of motion and relaxation. Great for all levels!

MUSCLE MATTERS This class concentrates on both muscular strength & endurance, while adding a core and balance component to each move. 60min

NIA Dance, kick and punch your way to a stronger more agile body. NIA is a fun cardio workout based in dance and martial arts. Great for all ages! 60min

PILATES MAT A great mind-body workout to strengthen the core, improve posture, flexibility and muscular coordination. 60min

RUN CLUB A great way to get outside for summer weather! Indoor warm-up followed by an outdoor run. Sure to be lots of fun!

STEP & MORE A fusion of STEP, kickboxing, pilates and more! A great workout for the whole body. 60min

STEP BEGINNINGS Remember STEP class and how much fun it was? This is an introductory step routine yet great for all levels of fitness. 60min

STEP & PUNCH A combination of STEP and Kickboxing. A great cardio workout! Great for all levels. 60min (in the GPT room)

STRONG ASSETS Begin your evening with this intense strength training and cardio class; using weights, body bars, BOSU and core exercises. 60min

SUNRISE CYCLING Wake up and cycle in a fun, dynamic, low-impact workout that burns calories and get's your heart pumping! 60min

VINYASA YOGA Basic yoga poses linked together with the breath to produce a flowing movement. Increases strength, flexibility and your heart rate! 60min

...WHERE FITNESS COMES NATURALLY!

