

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CYCLING (PRE-REGISTER) 5:45AM JOHN	CHIZZLED 5:30AM JOHN	CYCLING (PRE-REGISTER) 5:30AM JOHN	CHIZZLED 5:30AM JOHN	CYCLING (PRE-REGISTER) 5:45AM JOHN	
			CYCLING 6:30AM JOHN			
		CORE (\$) 7:00AM JOHN		CORE (\$) 7:00AM JOHN		
		MUSCLE MATTERS 8:15AM JOHN		MUSCLE MATTERS 8:15AM JOHN		SUNRISE CYCLING 8:00AM ROTATING INSTRUCTOR
CYCLING / ABS 9:00AM ROTATING INSTRUCTOR	STEP & MORE 9:30AM MARSHA	CYCLE / BOSU 9:30AM JOHN	BOOT CAMP 9:30AM MICHELLE	STEP 9:30AM JOHN	BOOT CAMP 9:30AM MICHELLE	BODY SHOCK 9:30AM JOHN
YOGA 10:30AM ROTATING INSTRUCTOR	HATHA YOGA 10:45AM MAUDE	VINYASA YOGA 10:45AM CORRINE		VINYASA YOGA 10:45AM CORRINE	HATHA YOGA 10:45AM MAUDE	
	CARDIO DANCE 12:15PM JOHN		CARDIO DANCE 12:15PM JOHN	KIDS YOGA (\$) 3:30PM DANI starts 12/1	CARDIO DANCE 12:15PM JOHN	
	ZUMBA 4:30PM SUSAN	PILATES MAT 4:30PM MICHELLE	ZUMBA 4:30PM SUSAN	PILATES MAT 4:30PM DANI		
	SKI CHIZZLED 5:35PM JOHN	ZUMBA 5:30PM MICHELLE	SKI CHIZZLED 5:35PM JOHN	ZUMBA 5:30PM MICHELLE		
		CYCLING 6:35PM TBA		CYCLING 6:35PM TBA		

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

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

SKI CHIZZLED Calling all skiers & snowboarders! Have more fun on the slopes by strengthening everything you need winter sports and increasing your cardio vascular endurance. 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! 60min

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

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

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

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

ZUMBA A fusion of Latin & International Dance with hip-hop, belly dancing and more thrown in for a fun filled heart pumping workout! 60min

...WHERE FITNESS COMES NATURALLY!

