



Group



ercise Schedule

Effective November 13, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-6:45 Kickbox Fusion <i>Natalie</i>				
8:45-9:30 Total Body <i>Natalie</i>	9:30-10:15 Cycle <i>Michelle</i>		8:30-9:15 Cycle <i>Michelle</i>		9:15-10:15 <i>Theresa</i>	
9:30-10:30 <i>Kathy</i>	9:30-10:30 <i>Krishna</i>	9:30-10:15 Bootcamp <i>Rai</i>	9:30-10:15 <i>Michelle</i>	9:30-10:30 <i>Supattra</i>	10:30-11:30 Interval Madness <i>Vicky</i>	9:30-10:15 SWEAT <i>Nicole</i>
10:30-11:30 Cardio Sculpt <i>Carol Ann</i>	10:30-11:15 <i>Michelle</i>	10:30-11:30 Cardio Sculpt <i>Michele</i>	10:30-11:30 Pilates Fusion <i>Donna</i>	10:30-11:15 Kickbox Fusion <i>Natalie</i>	10:30-11:15 Cycle <i>Theresa</i>	10:30-11:30 <i>Krishna</i>
11:30-12:30 Forever Fit <i>Danny</i>	11:30-12:30 Yoga <i>Jennifer</i>	11:45-12:45 Beginner Yoga <i>Melissa</i>	11:30-12:30 Forever Fit <i>Danny</i>	11:30-12:30 Yoga <i>Jennifer</i>	11:45-12:45 Yoga <i>Melissa</i>	
5:30-6:30 <i>Theresa</i>	5:30-6:30 <i>Sally</i>	5:30-6:30 <i>Krishna</i>	5:15-6:00 Bootcamp <i>Rai</i>			
6:30-7:30 <i>Bernadette</i>	6:30-7:30 Interval Madness <i>Vicky</i>	5:30-6:30 MELT Method <i>Doreen</i> <i>* RAQUATBALL COURT</i>	6:00-6:45 Barre Above <i>Jennifer</i>	6:15-7:15 Zumba Abs <i>Chris P</i>		
6:30-7:15pm Cycle <i>Cherisse</i>	7:30-8:30 Restorative Yoga <i>Melissa</i>	6:30-7:15 SWEAT <i>Nicole</i>	7:00-7:30 Cycle <i>Cherisse</i>			

Group Exercise Guidelines & Class Descriptions

All instructors are certified. All classes must have consistent attendance of eight participants to remain on schedule.

Barre Above Fusion: Blends ballet, yoga, Pilates, cardio and strength to sculpt your body.

Bootcamp: Total body with timed intervals.

BODYPUMP™: The original barbell class that strengthens your entire body. Challenge all your major muscle groups using exercises like squats, presses, lifts and curls.

Cardio Sculpt: Intervals of Cardio & Strength Training.

Cycle: A versatile workout throughout the whole spectrum of intensities, these rides alternate bursts of speed and power with recovery.

Forever Fit: This is a strength training class designed to increase the muscular strength, endurance and flexibility of our mature members.

Interval Madness: A high-energy class that combines intervals of step, high/low impact and sculpting.

MELT Method: Is a science-backed, self-care technique using specifically designed hand and foot treatment balls.

Pilates Fusion: This class combines the movements of Pilates with Barre and fitness elements.

SWEAT: High intensity resistance training followed by short and active recovery.

Restorative Yoga: Is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels and is practiced at a slow pace.

Total Body: Body conditioning that targets all the major muscle groups.

Yoga: An ancient practice of uniting all aspects of a person – body, mind and spirit – through physical postures, breathing exercises and meditation. Flexibility, strength and muscle tone, improve quickly.

Zumba™: Zumba is a danced - based fitness craze! Dynamic movement to a fusion of Latin and International music.

Zumba™ Abs: This is a high energy hard workout disguised as a dance class, with 80% fitness & 20% dance. And the last 15 min. are all abs.