

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	Freestyle Cycling		Freestyle Cycling		Freestyle Cycling		
	Group Blast	Group Power	Group Blast	Group Power	Group Blast		
6:15 AM		Group Active	Group Power	Group Active	Group Power		
6:20 AM		Ride 30		Ride 30			
6:30 AM	YogaFlow		YogaFlow				
7:30 AM	Cycling Express	Ride 30	Cycling Express	Ride 30	Cycling Express		
8:00 AM		Group Centergy		Group Centergy		Group Ride	
	Group Active	Group Power	Group Active	Group Power	Group Active	Group Active	
8:15 AM	Cycling Express	Cycling Express	Cycling Express	Cycling Express	Cycling Express		
9:00 AM	Group Power	Group Blast	Group Power	Group Blast	Group Fight	Group Power	
	Group Centergy	Yoga Bliss	Group Centergy	Yoga Bliss	Weekday Warrior	Group Centergy	
9:05 AM	AquaFit	Aqua Tabata	Total AquaFit	Aqua Deep Water	AquaFit		
9:30 AM							Group Core
10:00 AM	Group Active	Group Power	Group Active	Group Power	Group Power	Group Blast	Group Fight
	Senior Fitness		Senior Fitness		Senior Fitness	Group Tennis	
	Yoga Bliss		Yoga Bliss		Pilates - NEW! Begins Oct 9th	Ride 30	
10:15 AM	Ride 30		Ride 30				
10:30 AM		Group Centergy		Group Centergy			
11:00 AM	Group Power		Group Power				Group Centergy
	Silver Sneakers	Dance Fit	Silver Sneakers	Dance Fit	Silver Sneakers		
11:15 AM		Ride 30		Ride 30	Ride 30		
12:00 PM	Group Centergy	Group Active	Group Centergy	Group Active	Group Centergy		
12:10 PM	Total AquaFit		AquaFit				
3:30 PM	Zumba	Group Centergy	Zumba	Group Centergy	Zumba		Group Blast
	Group Ride		Group Ride				
4:30 PM	Group Power	ABC	Group Power	ABC	Freestyle Cycling		Group Power
	Group Core	Group Blast	Group Core	Group Blast	Group Power		
5:00 PM		Ride 30		Ride 30			
5:15 PM	Group Ride		Group Ride				
5:30 PM	Group Fight	Group Power	Group Fight	Group Power			
		YogaFlow		YogaFlow	Group Centergy		
5:45 PM		Group Ride		Group Ride			
6:00 PM	Adult Karate		Adult Karate				
6:15 PM	R.P.M. Cylng		R.P.M. Cycling				
6:30 PM	Group Power	Group Centergy	Group Power	Group Centergy			
		YogaFire		YogaFire			
7:30 PM			Group Tennis				
7:45 PM		Zumba		Zumba			

There will be no classes in Studio B November 7th and 8th during Group Active instructor training.
No classes after 1PM Wednesday, November 25th.
Join Sandra at 9AM on Thanksgiving Day for a holiday Cycling Class.
There will be a limited Thanksgiving weekend shedule TBA.

Fee Based Classes - Sign-up at www.sunoaks.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	BootCamp		BootCamp					
8:30 AM	Barre Burn	Barre Burn		Barre Burn				
9:00 AM		BootCamp	TRX Tennis	BootCamp		BootCamp		
6:00 PM		BootCamp		BootCamp				
Justin	BootCamp	Members \$59 Non-members \$79 /6 week program						\$10 Drop-in
Amie	Barre Burn	Members \$79 Non-members \$99 /Monthly program						\$10 Drop-in
Martin	TRX Tennis							\$10 Drop-in

TRIBE Team Training

Results based team training sessions. We offer 3 TRIBE programs with something for everyone.

TribesFIT - high intensity functional fitness program that is designed to take you to new levels of training.

TribesLIFE - low impact functional exercises to decrease body fat, increase energy and functional strength.

TribesPUNCH - get fighting fit without getting hit! Learn a new sport and change up your fitness routine.

TRIBE is team training and spaces are limited, check out the schedule and secure your spot today!

Group Active –Get Active, and get more out of life! Group Active™ gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life with Group Active!

Group Blast -Discover New Heights with Group Blast®! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast This Way with Group Blast!

Group Fight - Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

Dance Fit - Easy to follow fun moves borrowed from a variety of dance styles. It's a dance party! Bring your friends and show us your sass!

Zumba - Dance to energetic Latin inspired music. An amazing cardio workout! On Saturdays Fierce Funk hiphop style add-on!

Group Tennis - Learn how to play tennis and get a workout too!!

Cardio Cycling Classes-

Group Ride - Get your Ride On with Group Ride®! This huge calorie burner builds great-looking legs! Group Ride is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get the all the benefits of authentic interval training. Ride On!

R30 - Get Fitter in only 30 minutes with R30™. It's as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. Inspiring music and motivating coaches ensure that Everyone Finishes First!

Freestyle Cycling – Enjoy the experience of cycling indoors with an instructor led group. All classes are open to participants 13 to adult. Each participant is in control of the intensity of his or her ride. Cycling Express– 35 minute express Freestyle Cycling class.

R.P.M. Cycling - A challenging, beneficial, and safe workout that is based on real cycling principles using real cycling training techniques. R.P.M. is designed to increase your stamina and strength while cycling to the powerful rhythms of classic rock, electronic, and current music. 45 minutes.

ABC – Abs, Butts and Cycling. Cardio & core combine for a great workout.

Strength Training Classes-

Group Power –Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up! *Group Fitness Building*

Group Core -Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. *Reach Your Peak with Group*

Mind/Body Strength and Flexibility Classes -

Group Centergy - Redefine Your Self with Group Centergy®. Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. Take the time to Center Your Energy with Group Centergy! *Group Fitness Building*

YogaBliss - Spend one blissful hour practicing the art of Yoga. Enjoy a soothing environment designed to awaken the beautiful power of your breath, while improving flexibility and joint mobility. Give back to your body and lift your mental spirit as we explore non-invasive Asanas (poses) for all levels of Yogi's new and experienced alike.

YogaFlow - This yoga class is designed to balance your body and mind through strengthening and stretching poses combined with breathing and focusing exercises. You will feel more invigorated and alive when strength-training elements are added seamlessly to your yoga practice. Your mind and heart will feel more relaxed and open when we practice awareness of self and breathing, deep relaxation, and the habit of attention.

YogaFire - Design, sculpt and strengthen the entire body from head to toe with endless health benefits. Heated Studio.

Pilates - Sequenced exercises designed to increase structural integrity and mobility while lengthening and strengthening musculature.

Shotokan Karate – Gain strength and confidence while you practice the art of Shotokan Karate (traditional Japanese style).

Senior Fitness Classes -

SilverSneakers Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. *Basketball Court*

Senior Fitness - Move it and improve it with functional fitness for seniors. Focus on your cardiovascular fitness, flexibility, coordination and strength. Shake off the rust and oil those parts for a healthier new year. This class will require getting down and up from the floor. Bring water, wear some sort of tennis shoe and comfy clothes. *Basketball Court*

Water Fitness - Aqua classes are seasonal. All classes are subject to change. No children under 12 years of age may participate in class without instructor's permission. No children allowed to play in the pool during classes.

AquaFit -focuses on core strength & muscle tone while you get your heart pumping! Lower impact movement is emphasized.

Aqua Tabata - multi-level Interval Training class, alternating segments of cardiovascular or muscular work with a recovery segment. This is fun, energetic pool class for everyone!

Total AquaFit - complete body workout for all fitness levels. Utilizing different pool toys; hand buoy's, noodles, sliders, tubing and various other creative ways to get a cardiovascular workout with added resistance for gaining muscle mass. You will get your hair wet!

Aqua Deep - Aqua Deep Water is a suspended Cardio/Core class. All participants need to be water safe. Noodles will be available, but not used 100% of the time. During this class we will focus on strengthening our Core Muscles while getting a Cardiovascular workout. Dive on in! Everyone welcome!

Fee Based Training:

Ignite - Progressive training changed with each session for maximum results.

Barre Burn - High energy interval training class borrows movements from dance disciplines like ballet and jazz, and movement principles from Pilates, corrective exercise and athletic training.

TRX Tennis - 60 minute blend of drills & exercises using TRX band

WOD W/Friends - Kama invites you to enjoy a Total Body "workout with friends"!

Boot Camp - Full body, fat burning workout featuring high intensity interval training.

visit www.sunoaks.com for to register for fee-based programs