

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	Express	Group Power	Group Ride	Group Power	Freestyle Cycling	<b>Happy New Year</b> Recommended for 13 years and up. 11&12 years with Group Fitness Manager approval. No children 10&Under.	
			Group Blast		Group Blast		
5:45 AM	Group Core						
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 Active	Group Centergy	Group Active	Group Centergy	Group Active		Group Ride
	Pop Pilates		Pop Pilates				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	Yoga Warrior	Group Centergy	
9:05 AM	Aqua Zumba		Water in Motion		Water in Motion		
9:15AM							Group Power
10:00 AM	Group Active	Group Power	Group Active	Group Power	Group Power	Group Blast	
	Yoga Bliss		Yoga Bliss		Pilates	Group Tennis	
	Group Ride		Group Ride			Ride 30	
10:15 AM	Senior Fitness		Senior Fitness		Senior Fitness		
10:30 AM		Group Centergy		Group Centergy			Ride 30
11:00 AM	Group Power	Zumba	Group Power	Zumba		Zumba	Group Centergy
11:05 AM	Silver Sneakers		Silver Sneakers		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	Water in Motion		Aqua Zumba				
3:30 PM	Group Ride	Group Centergy	Group Ride	Group Centergy			
4:00 PM					Ride 30		
4:30 PM	Group Power	Group Blast	Group Power	Group Blast	Group Power		
		YogaFlow		YogaFlow			
4:45 PM	Group Core		Group Core				
5:00 PM		Ride 30		Ride 30			
5:30 PM	Group Fight	Group Power	Group Fight	Group Power	Group Centergy		
	Group Active	Group Ride	Group Active	Group Ride			
5:45 PM		Vinyasa Flow		Vinyasa Flow			
6:00 PM	Performance Ride		Performance Ride				
6:30 PM	Group Power	Group Centergy	Group Power	Group Centergy			
6:45 PM		Pop Pilates		Pop Pilates			
7:30 PM	Zumba		Zumba				
H			Group Tennis				

**"Be Your Best You"**  
Join us Tuesday, January 16th and find your inspiration!

Fee Based Training - Sign-up at [www.sunoaks.com](http://www.sunoaks.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM		TribeFIT		TribeFIT			
5:30 AM	HITT:30		HITT:30				
8:15 AM	TribeLIFE		TribeLIFE				
9:00 AM		HITT:30		HITT:30		HITT:30	
9:15 AM							
12:00 PM		TribeFIT		TribeFIT			
4:30 PM							
5:30 PM	TribeFIT	HITT:30	TribeFIT	HITT:30			
6:15 PM		TribeFIT		TribeFIT			
6:30 PM	Team RX		Team RX				
7:30 PM	TribeLIFE		TribeLIFE				

**TRIBE Team Training (60 minutes)**

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

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

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

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

**HITT30 (30 minutes)**

Large group high intensity interval training. Join anytime!

**TeamRX (45 minutes)**

Train your body in a new way using suspension TRX combined with cardio and strength exercises.

# Workout Descriptions

## Cardio Fitness Workouts

**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!

**Group Tennis** - This workout is designed especially for those who have been away from the game for a long time, or those who have never played and would like to learn. Come join our fabulous teaching pros for a fun-filled 60-minute workout that includes exercise, laughter, and new friends! No experience necessary! No equipment needed!

**Zumba** - Enjoy a fitness program that combines Latin and International music with dance moves. Zumba routines incorporate interval training with alternating fast and slow rhythms. Workout to great music with great people, and burn tons of calories without even realizing it.

... the perfect combo of fun and fitness!

## Cardio Cycling Workouts-

**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. Each participant is in control of the intensity of his or her ride. Cycling Express– 35 minute express Freestyle Cycling workout.

**Performance Ride** - The Performance Ride workout is ideal for all rider styles and levels. Music design perfectly fits each ride and offers rhythms to assist riders as they explore new athletic opportunities on the bike.

## Strength Training Workouts-

**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 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 Core®!

## Mind/Body Strength and Flexibility Workouts -

**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!

**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.

**Yoga Flow** - This yoga workout 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.

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

**Pop Pilates** - A powerful fusion of music, strength, and choreography that take classical Pilates to the next level. POP Pilates is a dance on the mat!

**Yoga Warrior** - Yoga Warrior is an opportunity to get our hearts pumping and muscles engaged. Up-tempo music is incorporated to motivate and move us through the flow of the workout. Strength and balance poses are incorporated throughout. Expect to see many down dogs, planks and beginning arm balances.

**Vinyasa Flow** - Vinyasa means breath-synchronized movement. Our Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dance-like. The union of breath and movement create your yoga experience.

## Senior Fitness Workouts -

**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 workout will require getting down and up from the floor. Bring water, wear some sort of tennis shoe and comfy clothes. *Basketball Court*

**Water Fitness Workouts - Aqua workouts are seasonal. All workouts are subject to change. No children under 13 years of age may participate in the workout without instructor's permission. No children allowed to play in the pool during workouts.**

**Waterin Motion** - Come enjoy a real POOL PARTY with this exciting workout that combines cardiovascular training with muscle toning techniques in the massaging environment of the pool! Amazing music, fantastic teachers and ourstanding aquatic choreography make anyone, of any age or fitness level, ready to dive right in. Feel yourself supported, not only by the buoyancy of the water, but by the excitement, enthusiasm and energy of the group as a whole.

**Aqua Dance Fit** - Take your dance moves to the pool for a fun and energetic cardio water workout.

**Aqua Zumba** - Blend Zumba with water resistance for one pool party you shouldn't miss! Perfect for those looking to make a splash by adding a low-impact high-energy aquatic exercise class to their fitness routine. There is less impact on your joints during an Aqua Zumba class so you can really let loose! Water creates a natural resistance, which means every step helps tone muscles. Aqua Zumba combines Latin and International music creating and a fun and effective workout!

**Schedule Subject to Change: In case of emergency one program may be substituted for another.**