

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|------------------|-----------------|------------------|-----------------|-------------------|---|----------------|
| 5:15 AM | Express | Group Power | Group Ride | Group Power | Freestyle Cycling | March 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 | 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 | | | |
| 5:35 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 | AcroFit | Zumba | | | | |
| | | | Group Tennis | | | | |

United for Fitness - Support Local Youth Program
 March 12th to 18th - Activities Every Day
 Visit sunoaks.com to sign-up - Join the fun!

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

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

HIIT:30 - High Intensity Interval Training. Efficient and fun! 30 minutes in the Gym

OCRT - Obstacle course race training. 45 minutes in the Gym

Team RX - Circuit training emphasizing TRX. 45 minutes in the Gym

TribeLIFE - Low impact functional exercise. 55 minutes in the Gym

TribeFIT - Strength, power, mobility, agility, endurance and full functional conditioning. 55 minutes in the Gym

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.

AcroFit - Come alone or with a partner. Gain confidence and strength through foundational acrobatic moves. Great for newbies! Learn the basics of being a base, flyer and spotter. Enjoy a fun and safe practice for all levels. Learn the basics of being a base, flyer and spotter.

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.