

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-------------------|-----------------|------------------|-----------------|-----------------|---|----------------|
| 5:15 AM | Freestyle Cycling | Group Power | Group Ride | Group Power | Group Ride | Adult Programs for Ages 14 Years and Up | |
| | | | Group Blast | | Group Blast | | |
| 6:15 AM | | Group Active | Group Power | Group Active | Group Power | | |
| 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 Active | |
| | | | | | | Group Ride | |
| 8:15AM | Cycling Express | Cycling Express | Cycling Express | Cycling Express | Cycling Express | | |
| | | New Aqua Tabata | | New Aqua Tabata | | | |
| 9:00 AM | Group Power | Group Active | Group Power | Group Active | Group Fight | Group Power | |
| | Group Centergy | Yoga Bliss | Group Centergy | Yoga Bliss | Vinuasa Flow | Hatha Yoga | |
| 9:05AM | Aqua Zumba | | Aqua Fit | | New Aqua Fit | | |
| 9:15 AM | | | | | | | Group Power |
| 10:00 AM | Group Active | Group Power | Group Active | Group Power | Group Power | Group Blast | |
| | Yoga Bliss | | Yoga Bliss | | | Group Tennis | |
| | | | | | | Ride 30 | |
| 10:15 AM | Senior Fitness | | Senior Fitness | | Senior Fitness | | |
| | Ride 30 | | Ride 30 | | | | |
| 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 | | |
| 12:10PM | Aqua Fit | New Aqua Yoga | Aqua Zumba | New Aqua Yoga | | | |
| 3:30 PM | Group Ride | Group Centergy | Group Ride | Group Centergy | | | |
| 4:30 PM | Group Power | Group Blast | Group Power | Group Blast | Group Power | | |
| | | YogaFlow | | YogaFlow | | | |
| | | Ride 30 | | Ride 30 | | | |
| 5:00PM | | | | | 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 | | | |
| | Pilates Flow | | Pilates Flow | | | | |
| | New Aqua Fit | | New Aqua Fit | | | | |
| 6:45 PM | | Zumba | | Zumba | | | |
| 7:30 PM | | | Group Tennis | | | | |

New Summer Aqua Fitness Classes Begin the Week of June 10th

Limited Classes Father's Day - Sunday, June 16th

9:15am Group Power

10:30am Group Ride



| SGT | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-----------|----------|-----------|----------|--------|-----------------|--------|
| 5:15 AM | | TribeFIT | | TribeFIT | | | |
| 5:30 AM | BootCamp | | BootCamp | | | | |
| 8:00 AM | | | | | | Weekend Warrior | |
| 8:15 AM | TribeLIFE | | TribeLIFE | | | | |
| 9:00 AM | | BootCamp | | BootCamp | | | |
| 12:00 PM | | TribeFIT | | TribeFIT | | | |
| 4:30 PM | | | | | | | |
| 5:30 PM | TribeFIT | BootCamp | TribeFIT | BootCamp | | | |
| 6:15 PM | | TribeFIT | | TribeFIT | | | |
| 6:30 PM | TribeLIFE | | TribeLIFE | | | | |

BootCamp - High Intensity Interval Training. Efficient and fun! \$49 per month

TribeLIFE - Low impact functional exercise. \$99 per 6 week session

TribeFIT - Strength, power, mobility, agility, endurance and full functional conditioning. \$99 per 6 week session

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 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!

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 Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breath and sweat through this full-body fitness journey. Take the time to Center Your Energy with Group Centergy.

Yoga Bliss - Spend one blissful hour practicing the art of Yoga. Enjoy a soothing environment designed to awake 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 noninvasive Asanas (poses) for all levels of Yogis. 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 Flow - Sculpt your body through a series of bodyweight exercises partnered with targeted stretching. Strengthen core muscles, increase flexibility and improve balance in a positive welcoming environment. New to the schedule January 2019.

Hatha Yoga - A different series of postures is created each week and designed to build strength, flexibility, and balance. Each posture is held for a longer period of time than those in Vinyasa Flow in order to move deeper into the targeted region of the body. Focus is put on the breath to stabilize and sustain us through each posture. Each class will consist of a warm-up, balancing postures, back bends, and savasana. All levels are welcome to attend.

Vinyasa Flow - This class cultivates a mind-body connection by incorporating a blend of active and passive postures initiated by the breath. This challenging set of postures are held for short periods of time and designed to increase strength, flexibility, and balance while opening pathways of energy flow through the body. All levels are welcome to attend.

Senior Fitness Workouts -

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

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

Water Fitness Workouts -

Aqua Fitness - Come enjoy this exciting workout that combines cardiovascular training with muscle toning techniques in the welcoming environment of the pool! Great music and fantastic teachers make anyone, of any age or fitness level, ready to dive right in. Enjoy not only the buoyancy of the water, but by the excitement, enthusiasm and energy of the group as a whole.

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 a fun and effective workout!

Aqua Tabata - This shallow water aquatic exercise workout combines water jogging with intense Tabata drills. If your body hurts when you are doing intense workouts on land – then it is time to get in the water and unload your inner athlete!

Aqua Yoga – Connect mindful movement with energetic movement using an interval format! Almost 3 minutes is dedicated to aqua movement patterns, and 1.5 minutes is dedicated to mindful, flowing yoga and Pilates-based exercises to enhance body awareness, range of motion and core stability. This combination makes for a fun and unique class.