

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		
9:00 AM	Group Power	Group Active	Group Power	Group Active	Group Fight	Group Power	Group Power
	Group Centergy	Yoga Bliss	Group Centergy	Yoga Bliss	Vinuasa Flow	Group Centergy	
9:05AM	Aqua Zumba		Aqua Fit		Aqua Fit		
10:00 AM	Group Active	Group Power	Group Active	Group Power	Group Power	Group Blast	Ride 30
	Yoga Bliss		Yoga Bliss			Group Tennis	
	Ride 30		Ride 30				
10:15 AM	Senior Fitness		Senior Fitness		Senior Fitness		
10:30 AM	Group Core	Group Centergy	Group Core	Group Centergy			Group Core
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		Aqua Zumba				
3:30 PM	Group Ride	Group Centergy	Group Ride	Group Centergy			
4:00PM					Ride 30		
4:30 PM	Group Power	Group Blast	Group Power	Group Blast	Group Power		
		YogaFlow		YogaFlow			
		Ride 30		Ride 30			
5:00 PM		Group Core		Group Core			
5:30 PM	Group Fight	Group Power	Group Fight	Group Power	Group Centergy		
	Group Active	Group Ride	Group Active	Group Ride			
5:30 PM	Vinyasa Flow		Vinyasa Flow				
5:45PM		Zumba		Zumba			
6:00 PM	Performance Ride		Performance Ride				
6:30 PM	Group Power	Group Centergy	Group Power	Group Centergy			
	Aqua Fit		Aqua Fit				
7:30 PM			Group Tennis				

No Classes Labor Day

New! Group Core MWSun at 10:30AM / TTH at 5PM

Group Active Training September 21&22

Contact [fitness@sunoaks.com](mailto:fitness@sunoaks.com) for information

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

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

Weekday Warrior - A daily mash-up of Cardio, Strength, and Flexibility. \$120 per month

Weekend Warrior - Challenge your body and mind with a 1 hour high intensity circuit. \$25 per month

**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!

**Group Core** - Group Core® gives you three-dimensional strength training in 30 action-packed minutes! A stronger core improves athletic performance, enhances movement health, and helps prevent back pain. Expert coaching and motivating music will push you through integrated exercises that use your body weight and weight plates. HARD 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 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.

**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!