



# January Group Fitness Schedule



## Studio A - Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	<b>POWER</b> Kate	<b>ACTIVE</b> Wendy B	<b>POWER</b> Kate	<b>ACTIVE</b> Wendy B	<b>CENTERGY</b> David		
8:15am	<b>CENTERGY</b> Sarah	<b>ACTIVE</b> Kama	<b>CENTERGY</b> Sarah	<b>ACTIVE</b> Kama	<b>CENTERGY</b> Audrey	<b>ACTIVE</b> Audrey	
9:30am	<b>BLAST</b> Kama	<b>POWER</b> Matt	<b>BLAST</b> Kama	<b>POWER</b> Matt	<b>POWER</b> Delaney	<b>POWER</b> Rachel	<b>POWER</b> Kate
10:45am	<b>POWER</b> Kama	<b>ACTIVE</b> Kama	<b>POWER</b> Kama	<b>ACTIVE</b> Kama		<b>BLAST</b> Bailey & Meaghan	
12:00pm	<b>CENTERGY</b> Kama		<b>CENTERGY</b> Audrey		<b>CENTERGY</b> Kama		
3:30pm	<b>CENTERGY</b> Deborah		<b>CENTERGY</b> Deborah				
4:45pm	<b>ACTIVE</b> Audrey	<b>POWER</b> Deborah	<b>ACTIVE</b> Audrey	<b>POWER</b> Deborah			
6:00pm	<b>POWER</b> Christina	<b>CENTERGY</b> Audrey	<b>POWER</b> Christina	<b>CENTERGY</b> Audrey			

## Studio C - Cycling Schedule

5:15am		<b>AIDE</b> David		<b>AIDE</b> David			
7:30am	<b>EXPRESS</b> David		<b>EXPRESS</b> David			*8:15am	
8:30am	<b>R30</b> Deborah	<b>R30</b> Morgan	<b>R30</b> Deborah	<b>R30</b> Morgan	<b>R30</b> Matt	<b>AIDE</b> Hailey	
4:00pm		<b>R30</b> Deborah		<b>R30</b> Deborah			
5:00pm	<b>R30</b> Shmuel		<b>R30</b> Shmuel				
5:45pm		<b>R30</b> Laura		<b>R30</b> Laura			

## Gym Aqua

8:00am	<b>Aqua</b> Morgan		<b>Aqua</b> Morgan		<b>Aqua</b> Morgan		
9:00am	Chair Fit* Jamie B		Chair Fit* Jamie B		Chair Fit* Wendy P		

## Upstairs

8:00am		<b>YOGA FLOW</b> Michelle		<b>YOGA FLOW</b> Michelle			
10:30am	<b>YOGA Refresh</b> Jamie B		<b>YOGA Refresh</b> Jamie B		<b>YOGA Refresh</b> Delaney	<b>YOGA FLOW</b> Viktoria	
4:30pm		<b>YOGA FLOW</b> Danielle		<b>YOGA FLOW</b> Danielle			
5:45pm	<b>YOGA Refresh</b> Kathy		<b>YOGA Refresh</b> Kathy				

# Class Descriptions



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.



Group Active® is an innovative one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, body weight, and The STEP®.



Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.



Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It 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.



R30® will get you fitter and feeling better in only 30 minutes. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush.



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!

## EXPRESS

Get in/get out! Enjoy the experience of cycling indoors with an instructor led group. 35 minutes!

## Aqua

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 ready to dive right in. Enjoy not only the buoyancy of the water, but the enthusiasm as a group as a whole.

## Chair Fit

Recovering from surgery? Need support for balance? Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living skills. A chair is used for seated and/or standing assistance when needed. Bring water, wear tennis shoes and comfy clothes.

## YOGA

Yoga Refresh - A vinyasa flow yoga class that builds our strength, balance and heart. This class will bring a mindfulness to our workout and allow release and relaxation. All levels welcome: brand new, beginning, intermediate and advanced.

Yoga Flow - In this class, you will flow through various yoga poses designed to strengthen and stretch your entire body and mind. By offering more gentle & challenging versions of each pose, this class is designed with both the beginner and advanced Yogi in mind.