

GROUP FITNESS SPRING SCHEDULE



APRIL 1 - JUNE 30

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9:00-9:45 AM
BARRE

Renee - Dance Studio

9:00-10:00 AM
REPS N SETS

Carrie - Aerobic Studio

9:15-10:15 AM
CYCLE SCULPT

Dawn - Spin Studio

10:30-11:15 AM
SENIOR FIT

Danae - Aerobic Studio

9:15-10:15 AM
TAI CHI

Charlene - Dance Studio

9:00-10:00 AM
REPS N SETS

Carrie - Aerobic Studio

9:00-9:45 AM
FAST N FIT

Kevin - Aerobic Studio

10:00-11:00 AM
RESTORATIVE YOGA

Renee - Dance Studio

9:15-10:15 AM
TAI CHI

Charlene - Dance Studio

10:30-11:15 AM
ACTIVE ADULTS

Dawn - Aerobic Studio

10:30-11:30 AM
SOCACIZE

Michelle - Spin Studio

10:30-11:30 AM
RESTORATIVE YOGA

Renee - Dance Studio

10:30-11:30 AM
QIGONG

Charlene - Dance Studio

9:00-9:45 AM
(ASSISTED) HATHA YOGA

Renee - Spin Studio

10:30-11:15 AM
ACTIVE ADULTS

Dawn - Aerobic Studio

10:30-11:30 AM
RESTORATIVE YOGA

Renee - Dance Studio

11:30-12:00 PM
EXPRESS LIFT

Dawn - Aerobic Studio

11:30-12:00 PM
JUST TWIST

Dawn - Aerobic Studio

11:30-12:00 PM
TUCKING TUMMIES

Dawn - Aerobic Studio

11:30-12:00 AM
TUCKING TUMMIES

Dawn - Aerobic Studio

11:30-12:15 PM
CHAIR YOGA

Danae - Dance Studio

12:00-12:45 PM
TARGETED TRAINING-L/G

Dawn - Aerobic Studio

10:00-10:30 AM
CORE-ABILITY

Kevin - Aerobic Studio

12:00-12:45 PM
TARGETED TRAINING-A/S

Dawn - Aerobic Studio

12:00-12:45 PM
TARGETED TRAINING-C/B

Dawn - Aerobic Studio

12:00-12:45 PM
TUC & STRETCH

Dawn - Aerobic Studio

5:15-6:00 PM
HARDCORE

Carrie - Aerobics Studio

10:00-11:00 AM
LATIN EN FUEGO

Karen - Spin Studio

5:15-6:00 PM
TOTAL BODY STRENGTH

Kathy - Aerobic Studio

5:30-6:30 PM
ZUMBA

Lisa Marie - Aerobic Studio

5:15-6:00 PM
TOTAL BODY BLAST

Kathy - Aerobic Studio

5:15-6:00 PM
BARRE

Renee - Spin Studio

11:00-12:00 PM
SOCACIZE

Michelle - Aerobic Studio

6:15-7:15 PM
SOCACIZE

Michelle - Aerobic Studio

5:30-6:30 PM
CYCLE

Carrie - Spin Studio

6:30-7:15 PM
HARDCORE

Carrie - Aerobics Studio

6:15-7:15 PM
RESTORATIVE YOGA

Renee - Spin Studio

6:15-7:15 PM
RAISE THE BAR

Lisa Marie - Aerobic Studio



Bring your own
personal towel & mat

KEY:	STRENGTH	CYCLE
	HIIT	CORE

GROUP FITNESS CLASS DESCRIPTIONS

Active Adults (45min) - All levels!

Light intensity interval training using weights/resistance with balance & core engagement.

BARRE (45min) - All levels!

Using a ballet bar you will strengthen & lengthen your arms & legs while increasing your core strength.

Cardio Boxing (60min) - All levels!

Fast & slow cardio boxing moves with constant core work.

Chair Yoga (45min) - All levels!

Having balance issues? This class will help with that while improving flexibility, posture, etc.

Cycle (60min) - All levels!

Class focuses on endurance, strength high intensity with active recovery

Fast N Fit (45min) - All levels!

Improve your mobility, power & coordination while focusing on your muscular & cardiovascular endurance.

Express Lift (30min) - All levels!

Full body combo workout with weights.

Hard Core (45min) - All levels!

Include your core in all standing & floor exercises - with resistance & bodyweight drills.

(Assisted) Hatha Yoga (45min) - All levels!

A yoga practice where stretching postures are performed (w/ or w/o the aid of a chair), to assist with balance issues or anyone who has trouble getting down to & up off the floor.

Just Twist (30min) - All levels!

Dance; move to music, for a good sweat.

Latin En Fuego (60min) - All levels!

Dance (Baila) for fun-fitness with Bachata, Salsa, Merengue, etc... energetic, action-dancing!

Mat Pilates (60min) - All levels! Improve flexibility, build core strength, correct posture & learn proper breathing techniques. Enjoy balance & peace of mind.

QiGong (60min) - All levels!

Movements are designed to open energy channels to enhance well-being.

Raise the Bar (60min) - All levels!

Work all the major muscle groups to build endurance & strength while using a barbell.

Reps N Sets (60min) - All levels!

Muscle conditioning w/weights; Intervals of 3-5 minutes for each muscle group.

Restorative Yoga (60min) - All levels!

Encourages physical, mental & emotional relaxation.

Senior Fit (45min) - All levels! Low impact movements & resistance training; Pilates, Tai Chi & Step

Socacize (60min) - All levels! If you like Zumba, you'll love this class. Using a creative blend of Caribbean & African dance movements. A fun-filled dance workout.

Tai Chi (60min) - All levels!

A gentle exercise & stretching, Yoga in motion. Reduces stress, increases flexibility, energy, muscle strength, stamina & agility.

Targeted Training (45min) - All levels!

Weight & resistance training targeting specific body parts; non-stop training alternating designated areas to burn.

A/S = arms & shoulders

C/B = chest & back

L/G = legs & glutes

Total Body Blast (45min) - All levels!

Strength, cardio, core intervals using weights, kettlebells & bar bells.

Total Body Strength (45min) - All levels!

Multi-joint, compound strength intervals focusing on every major muscle group.

Tuc Twist (45min) - All levels!

Dance, move to music, sweat with ab/core work intervals or endings.

Tucking Tummies (30min) - All levels!

Core & more - not just abs, but core with a twist.

Zumba (60min) - All levels!

This easy to follow, high energy class will have you torching calories the fun way, dancing to latin and international music.