

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	Indoor Cycling -Melanie		CycleSculpt -Melanie		Indoor Cycling -Melanie	
8:00am			*Silver Sneakers Circuit -Kelli			
9:00am	Bootcamp -Nicole			PiYo -Nicole		Pump it Up -Melissa/Jess
9:30am		Tabata -Melissa	Pump it Up -Melissa		Indoor Cycling -Melissa	
10:00am	Cardio Sculpt -Nancy			Cardio Sculpt -Nancy		Indoor Cycling -Melissa/Melanie
10:30am			Indoor Cycling (30 mins) -Melissa			
11:00am	*Silver Sneakers Classic -Nancy			*Silver Sneakers Classic -Nancy	*Silver Sneakers Classic -Nicole	
5:30pm	PiYo -Nicole					
6:00pm		Conditioning Camp -Melanie		Conditioning Camp -Melanie		
6:30pm	Indoor Cycling -Heather S					

	Zumba -Heather B					
7:30pm	Pump it Up -Melissa/Jess		Pump it Up -Melissa/Jess			
KEY	Downstairs Spin Room	Group Fitness Room	*Silver Sneakers			

Class Descriptions

Cardio Sculpt- A creative & fun workout alternating between cardio drills & muscle conditioning. In this class, you will use weights and kettlebells to get that long lean muscle.

Indoor Cycling- Bike conditioning, climbs, jumps, and hills to increase your endurance and muscle tone. A great cardio workout for all levels!

PIYO- Combines muscle-sculpting. Core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle.

Pump it Up- Intense weight- lifting class deigned for building / maintaining lean muscles (no bulk), core strength, and endurance for a strong, balanced body. Challenging exercises will target ALL muscle groups using various equipment: barbell, dumbbell, stability ball and more! Modifications for beginners are certainly provided.

Zumba- Fusion of Latin and international music. The routines feature aerobic / fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Zumba creates a party-like atmosphere land, you don't have to know how to dance to Zumba!

Bootcamp- The bootcamp workout consists of cardiovascular conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, medicine balls, glides, kettle bells) and stretching. The instructors vary the exercises and format for every workout so no two bootcamp sessions are the same.

Tabata- High intensity interval training (HIIT). Consists of 8 rounds of ultra-high intensity exercises in a specific 20 seconds on, 10 seconds off. With a variety of exercises and methods for this training, you'll always be targeting major muscle groups for a whole-body workout.

Silver Sneakers Classic- 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. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball is offered for resistance. A chair is available if needed for sitting or standing support.

Silver Sneakers Circuit- Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Conditioning Camp- This workout consists of cardiovascular conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, medicine balls, glides, kettle bells) and stretching. The instructors vary the exercises and format.

CycleSculpt- Bike conditioning, climbs, jumps, and hills to increase your endurance and muscle tone. A great cardio workout for all levels! Includes muscle conditioning with hand weights & squats.