

All classes are one hour unless noted	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NEW! Sunday
6:00am	Spin Carrie ***	Warm Power Yoga Shannon	Spin Carrie/Steve ***	Warm Power Yoga Shannon	Spin/TRX Carrie ***		
As noted						Spin Billy 8:00am to 9:00 ***	Warm Advanced Yoga Shannon 8:30 to 10am
9:00am	TRX Billy ***	Zumba Lora	Butts and Guts Billy	Zumba Toning Lora	Spin Conditioning Carrie ***		
						All Levels Yoga Lynn 9:30a-10:30a	
As noted	Spin Billy ***	Pilates Shannon Cline 10-11	Yoga Lynn 10:15-11:30a	Pilates Shannon Cline 10-11	Yoga Lynn 10:15a-11:30a		
As noted		TRX Carrie 11-Noon ***	XFit Billy 11:30a-12:30p	TRX Carrie 11-Noon ***	<p style="text-align: center;">Want to try TRX? Beginner TRX classes will be available in February! More info to come</p>		
Noon		All Levels Yoga Lynn		All Levels Yoga Lynn			
As noted	Warm Yoga Margot 5:15p-6:15p	TRX Steve 5:30p-6:30p ***	Yoga Robin 5:15p-6:15p	TRX Steve 5:30p-6:30p ***			
6:30pm		Spin Steve ***	Zumba Lora	Spin Steve ***			

*** Sign up to reserve your space. Call 24 hours in advance of class. 328-5770 ***

Fitness Club Hours:
Monday to Friday 5:30am -8:00pm
Saturday 7:00am - 4:00pm
Sunday 7:00am - Noon

328-5770

Class Descriptions

Child Care Hours:
Monday to Friday 9:00am-12:00pm;
Wednesday 6p-7:30pm

- **All Levels Yoga:** Come one-come all. Join a community of yoga practioners (from the well-seasoned to just checking it out) each individually working towards a common theme within the class. The emphasis of intention and alignment will empower and transform your body and mind.
- **Butts and Guts:** Looking to tone and tighten those trouble spots? Let's work together to firm up and burn off those unwanted inches using high intense interval training and proven spot training techniques
- **Pilates:** Pilates focuses on the core postural muscles which are essential to providing support for the spine, and help keep the body balanced. Pilates exercises teach awareness of breath and alignment of the spine, while strengthening the deep torso muscles. Fitball, Thera-Bands and BOSU will be utilized.
- **Spin:** The best low impact cardio workout you can get inside. It is easy on the joints and keeps the heart rate consistently elevated to improve fitness. Classes are varied and can accommodate all levels – You control the intensity. Whether you are a seasoned cyclist or new to the sport, group cycling classes won't let you down! **Sign up 24 hours in advance to reserve your bike!**
- **SPIN Conditioning:** This class is fully loaded, one stop shopping for your fitness needs! Enjoy 30 minutes of cardio, 20 minutes of muscle conditioning, and 10 minutes of flexibility exercises combined into one intense hour of hard work and fun. Class format will be intervals or full blocks of cardio or muscle conditioning. You will burn a lot of calories, tone your body, and loosen your hamstrings. **Sign up 24 hours in advance to reserve your bike!**
- **Spin/TRX:** Enjoy 40 minutes of spin combined with 20 minutes of TRX suspension training. For those that love only spin we will keep you going for the full 60 minutes. A perfect class for all levels – great all over workout! Sign up 24 hours in advance to reserve your bike!
- **TRX:** TRX is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility- all at the intensity you choose. This is a complete total body training system. See Carrie, Billy, or Steve for more info. **Space is limited-sign ups required 24 hours in advance to reserve your space.**
- **Warm Advanced Yoga:** A warm class around 75 degrees that's sweaty, challenging, and advanced yet invigorating. Extra time is allotted to break down the alignment of asanas and to allow for ample time to create inner heat so that stretching asanas may be held at longer intervals. This class is intended for intermediate to advanced yogi's with at least one year of committed practice.
- **Warm Yoga:** Our traditional yoga class with the room temp set at 75 degrees.
- **X-Fit:** Challenge your cardio, respiratory, and muscular systems all in one hour using multiple types of workouts. We will use Total Body resistance training eXercises to achieve your highest level of conditioning.
- **Yoga:** Good for the mind, body and soul, this stress-reliever will help you gain improved body awareness and flexibility through the Yoga tradition. Take the class to enhance muscle tone, or to compliment your outdoor activities and regular exercise routine.
- **Warm Power Yoga:** a warm class around 75 degrees that consists of a vigorous and athletic vinyassa flow. Strengthening asanas are emphasized during the first half class to create heat followed by nice long stretching asanas the last half of class to lengthen and cultivate more flexibility in tight muscles
- **Zumba:** Interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning calories. Add some Latin flavor and international zest and you've got a Zumba class! No dancing skills required.