

# GROUP EXERCISE SCHEDULE

## MORNING SESSIONS: JAN 5<sup>TH</sup>- MAR 28<sup>TH</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM - 8:50AM <b>CM HIIT</b> MEETING ROOM ASHLEY (15) 	5:15AM - 6:05AM <b>LIFT &amp; RUN</b> YARD CARLOS (20) 	6:00AM - 6:50AM <b>HIIT</b> MEETING ROOM MELANIE (20) 	5:15AM - 6:05AM <b>LIFT &amp; RUN</b> YARD CARLOS (20) 	8:00AM - 8:50AM <b>ULTIMATE CONDITIONING</b> MEETING ROOM ASHLEY (20) 	8:00AM - 8:50AM <b>CYCLE STRENGTH</b> MEETING ROOM KATHY (10) 
8:30AM - 9:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	7:00AM - 7:50AM <b>POWER PEDAL</b> MEETING ROOM ASHLEY (10) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL HEATHER (25) 	8:00AM - 8:50AM <b>YOGA</b> MEETING ROOM ALEJANDRA (18) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL TERI (25) 	9:15AM - 10:05AM <b>CM DANCE</b> MEETING ROOM ANGELA (40) 
9:00AM - 9:50AM <b>TONE &amp; SCULPT</b> MEETING ROOM ASHLEY (15) 	8:00AM - 8:50AM <b>ULTIMATE CONDITIONING</b> MEETING ROOM ASHLEY (20) 	9:00AM - 10:00AM <b>FLOW &amp; BALANCE YOGA</b> MEETING ROOM ALEJANDRA (20) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL TERI (25) 	9:15AM - 10:05AM <b>YOGA</b> MEETING ROOM ALEJANDRA (20) 	10:15AM - 11:05AM <b>ULTIMATE CONDITIONING</b> MEETING ROOM ANGELA (25) 
9:30AM - 10:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL TERI (30) 	9:15AM - 10:05AM <b>CM HIIT</b> MEETING ROOM JOE (20) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL TERI (35) 	
10:30AM - 11:20AM <b>CM HIIT</b> MEETING ROOM JOE (20) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	10:15AM - 11:05AM <b>CHAIR YOGA</b> MEETING ROOM ALEJANDRA (9) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL TERI (35) 	10:15AM - 11:05AM <b>CHAIR YOGA</b> MEETING ROOM ALEJANDRA (9) 	
	9:15AM - 10:05AM <b>TONE &amp; SCULPT</b> MEETING ROOM ALEJANDRA (20) 				



 **RESERVE YOUR SPOT ONLINE**

	Strength & Conditioning
	Cardio & Dance
	Mind & Body
	Aqua Aerobic
	Cycle
	Paid Classes

# GROUP EXERCISE SCHEDULE

## AFTERNOON SESSIONS: JAN 5<sup>TH</sup>- MAR 28<sup>TH</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00PM - 1:00PM <b>YIN YOGA &amp; SOUND</b> MEETING ROOM ALEJANDRA (16) 	12:45PM - 1:45PM <b>GRIT60</b> YARD HEATHER (12) 	12:30PM - 1:20PM <b>CM HIIT</b> YARD MARCELLUS (24) 	12:45PM - 1:45PM <b>GRIT60</b> YARD HEATHER (12) 	4:00 PM - 4:50PM <b>BURN CAMP</b> YARD MARCELLUS (24) 	
6:00PM - 6:50PM <b>CYCLE YOGA</b> MEETING ROOM KATHY (10) 	4:00PM - 4:50PM <b>AQUA FIT</b> POOL ASHLEY (35) 	5:30PM - 6:20PM <b>XTREME HIP HOP® STEP</b> MEETING ROOM LATISHA (24) 	4:00PM - 4:50PM <b>AQUA FIT</b> POOL ASHLEY (35) 		
6:30PM - 7:30PM <b>FAMILY FIT</b> YARD ASHLEY & MARCELLUS (24) 	5:00PM - 5:50PM <b>CROSS STRENGTH</b> YARD ASHLEY (15) 	6:30PM - 7:30PM <b>FAMILY FIT</b> YARD ASHLEY & MARCELLUS (24) 	5:30PM - 6:20PM <b>XTREME BURN®</b> MEETING ROOM LATISHA (24) 		
	6:30PM - 7:30PM <b>GAINZ</b> YARD MARCELLUS 		6:30PM - 7:30PM <b>GAINZ</b> YARD MARCELLUS 	6:30PM - 7:30PM <b>ZUMBA®</b> MEETING ROOM JARVIER (35) 	



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### STRENGTH & CONDITIONING

Our Strength and Conditioning classes combine strength training, high-intensity cardio, core sculpting, and flexibility to help you build endurance, burn fat, and improve overall fitness.



### MIND & BODY



Our mind-body classes focus on flexibility, strength, balance, and relaxation. Yoga helps release tension and deepen flexibility, while tone & sculpt builds muscle endurance and functional strength promoting overall well-being.

### CARDIO & DANCE

Our high-energy cardio classes combine dance, step, and full-body workouts set to motivating music. From the uplifting Zumba to the intense Xtreme Burn, each class keeps you moving and burning calories.



### AQUA FITNESS



Our Aqua Fitness classes combine water resistance with strength, cardio, and flexibility for a full-body, low-impact workout. Each class builds endurance, protects your joints, and enhances balance, core strength, and flexibility.

### CYCLE

Our fusion cycling classes offer a balanced mix of cardio, strength, and recovery. Cycle Strength alternates high-energy cycling with full-body dumbbell training, while Cycle Yoga Fusion combines intense intervals with yoga stretches to enhance flexibility and prevent overuse injuries. Perfect for all fitness levels, these classes build endurance, strength, and mobility.



### ADVANCED CLASSES



FEE BASED AND REQUIRE PAYMENT AT TIME OF REGISTRATION.

 **GRIT60** is designed exclusively for women looking to build strength, confidence, and endurance in a supportive, empowering environment. This 4-week program focuses on high-intensity condition & progressive overload in major lifts, helping you increase muscle tone, improve functional fitness, and develop full-body strength.

 **GAINZ** was created to decrease intimidation in weight training and learn the benefits. This 6-week specialized group training class will focus on weight training & learning the fundamentals of three main lifts: Bench Press, Squat, and Deadlift. Join to build confidence & achieve new personal records! All fitness levels are welcome.

 **FAMILY FIT:** Get stronger together in this fun, high-energy fitness class designed for the whole family. Each session combines strength training, conditioning, and functional movement using safe, age-appropriate exercises that are modified for all fitness levels. Build strength & boost endurance while staying active and connected as a family.

 **YIN YOGA & SOUND** combines slow-paced movements and deep-held stretches using different props while listening to the sound of instruments. It aims to improve flexibility and promote relaxation  
**FLOW AND BALANCE** links breath with slow challenging movement through smooth transitions between postures, helping improve balance and body control.

CLASSES ARE DESIGNED FOR ALL FITNESS LEVELS AND MODIFICATIONS WILL BE TAUGHT.