



SCHEDULE OF CLASSES

Morning Classes							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
6:00			Pilates				
7:00		TRX		TRX			
7:30	Beg/Int Cycling		Beg/Int Cycling		Beg/Int Cycling		
8:00	Tabata	Spin		Spin	Tabata		
9:00	Stretching		Stretching		Stretching		
10:00							
Evening Classes							
4:30		Silver TRX		Silver TRX			
5:15	Begin to Spin		Begin to Spin		Begin to Spin		
5:30	Zumba	TRX		TRX+			
6:00			Yoga				

Class Name	Description
Total Body Tabata	A version of High Interval Training. It is an exercise strategy with short intervals of intense exercise followed by a short recovery period-repeated 8 times. This equates to burning up to 13 cal/min.
TRX	Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. Silver is slower paced. + Includes more calisthenics, running, intervals and weights.
Zumba	A fusion of Latin and international music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness.
Yoga	Switch between Hatha and Vinyasa. Hatha is slow paced with holds. Vinyasa is a continuous rhythmic flow.
Cycling/Spin	Cycling/Spin builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing.

*****HOURS OF OPERATION*****
Monday-Thursday: 5am - Noon and 2pm - 9pm
Friday: 5am - Noon and 2pm - 8pm
Saturday: 7am-11am
Sunday: 3pm - 7pm