



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	Tabata	Spin	Tabata		
9:00	Stretching		Stretching		Stretching		
2:00-3:30	MEMBERS OVER 60 AND/OR PERSONS WHO ARE IMMUNOCOMPROMISED (MONDAY - FRIDAY)						

Evening Classes							
4:30				Silver TRX			
5:15	Begin to Spin		Begin to Spin		Begin to Spin		
5:30	Zumba	DanceFit		TRX +			
6:00			Yoga				
7:00							

Class Name	Description
DanceFit	A cardio focused class combining powerful moves with fun music for a challenging, effective, fun workout. The class is ideal for all fitness levels looking to change up their workout.
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. + Includes more calisthenics, running, intervals and weights. Silver is slower paced.
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.
Pilates	A method of exercise that consists of low-impact flexibility and muscular strength and endurance movements.
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.
Yoga	Switch between Hatha and Vinyasa. Hatha is slow pace with holds. Vinyasa is a continuous rhythmic flow.

HOURS OF OPERATION

Mon - Fri: 5 AM – 12 PM AND 2 - 3:30 (over 60/immun.)

Monday - Thursday: 4 PM - 9 PM

Friday: 4 PM - 8 PM

Saturday: 7 AM -11 AM

Sunday: 3 PM - 7 PM

ALL CLASSES INCLUDED IN MEMBERSHIP

ALL CLASSES ARE 50-60 MINUTES IN LENGTH