



Group Exercise

STUDIO I —UPSTAIRS

STUDIO II—GYM

January 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

*New Classes/Time

Monday

6:00am Sunrise Boot Camp
-Bradley (Gym) I/A

8:00am Strong Seniors
-Lucy (Studio II) B

NEW! 9:00am MONDAY MELTDOWN!
-Tara (Studio II) I/A

9:00am Cycle
-Rhonda (Gym) B/I/A

10:15am Zumba Gold
-Linda (Studio II) B

5:30pm X-Train WOD
-Hope (Gym) I/A

5:30pm Y Pilates
-Steve (Studio II) B/I/A

****6:00pm Super Circuit + Box** Christy (Meet in Gym by Studio II) I/A

7:00pm Zumba
-Alla (Studio II) B/I/A

Tuesday

5:45am Sunrise Cycle
-Christina (Gym) B/I/A

8:30am Cross Training
-Randy (Gym) I/A

8:30am Fit and Fab
-Mittie (Studio II) B/I

9:00am Power Step + Super Sculpt
-Christy (Studio I) B/I/A

9:30am Yoga
-Mittie (Studio II) B/I

5:00pm 30min Ab Blast!
-Jessica (Studio II) B/I/A

5:00pm Zumba Gold
-Linda (Studio I) B

5:45pm Low Impact Cardio Sculpt
-Tammy (Studio I) B/I

5:30pm X-Train WOD
-Missie Gerst (Gym) I/A

6:00pm Powerhouse Fit (Weights)
-NaTosha (Studio II) B/I/A

Wednesday

6:00am Sunrise Boot Camp
-Bradley (Gym) I/A

8:00am Strong Seniors
-Lucy (Studio II) B

8:30am Cross Training
-Jessica (Gym) I/A

9:00-10:00am 1HOUR! Spin-ergy
-Ronda (Gym) B/I/A

9:00am-10:00am Better Body Bootcamp!
-Jessica/Missy (Gym & Studio II) I/A

****10:30am Zumba Gold**
-Linda (Studio II) B

5:00pm Yoga-Lates
-Tammy (Studio I) B/I

5:15pm X-Train WOD
-Jann (Gym) B/I/A

6:00pm Better Body Bootcamp!
-Hope (Studio II, Outside) I/A

6:00pm Spin-ergy
Jessica/Jenn (Gym) B/I/A

Thursday

6:00am Sunrise Bootcamp
-Jessica (gym) I/A

8:30am Cross Training
-Randy (Gym) I/A

9:00am Power Yoga Fit!
-Tara (Studio II) B/I/A

5:00pm 30min Ab Blast!
-Missy (Studio II) B/I/A

5:35pm Kick it up/Mix it Up
-Steve (Studio II) B/I/A

5:30pm X-Train WOD (45 mins)
Missy Schmidt (Gym) B/I/A

****NEW! 6:15pm Pump it Up!**
Alla (Studio I) (Weights) B/I/A

****7:00pm Dance Cardio**
Megan (Studio II) B/I/A

**HAPPY
NEW
YEAR!**

Friday

6:00am Sunrise Boot Camp
-Bradley (Gym) I/A

8:00am Strong Seniors
-Lucy (Studio II) B

9:00am-10:00am 1HOUR! Spin-ergy (Gym) -
Christina B/I/A

9:00am Total Body Conditioning + Box-Christy
(Studio II, Gym) B/I/A

Saturday

8:15am Jann's Insane Body Challenge (Gym) I/A

9:00am ****Total Body Conditioning** Hope 7th/21st;
Missy 14th/28th (Studio II) B/I/A

10:00am Yoga—Katie (Studio I)

****6:00pm Mon, 10:00am Wed/Fri MOVIN W/ MOMMY!** —
Victoria (Studio I) Free to members (\$10 non-members)

Beach Body Fit— Inside/Outside Circuit Training with Cardio (Sprints, Hills, Drills) and Weight Training.

Body Evolution - Focuses on smaller and larger muscle groups using weights, Pilates and power Yoga moves.

Bootcamp— A mix of calisthenics including pushups, pullups, crunches, lunges as well as drills, sprints, plyometrics & more!

Powerhouse Fit & Pump it Pump—Weight and body weight circuit training.

Cross Training— Each class is programmed to help you develop maximal strength and stamina with a challenging mix of barbell, kettlebell, body weight and loaded cardio exercises, taught by certified personal trainers.

Cycle & Spinergy- Guides participants through workout phases. Warm-up, cadences, sprints, climbs, cool-downs, etc. Bring a towel and water bottle!

Dance Cardio— Have fun burning calories with high energy, easy to follow dance moves to your favorite dance music!

Fit and Fab - Burn body fat and tone up while doing low impact aerobics and weight exercises.

HIIT The Trail—High intensity interval training on the outdoor trail. Shred legs and hips on the hill and get a total body burn interval strength training.

Kick it up, Mix it up - Utilizes various kickboxing moves, floor work, free-weights and some drills. A fun interesting and challenging class.

Low Impact Cardio Sculpt— For all fitness levels... a blend of cardiovascular exercises with light weight training.

Monday Meltdown— High energy cardio w/ Kickboxing +weights/core.

Power Yoga Fit— Flexibility, muscle strengthening and toning using your own body weight with faster flows and intense poses. A total mind and body experience.

Power Step + Super sculpt— Pumping cardio w/ step, weights and core.

STRONG!™-combines high intensity interval training with the science of Synced Music Motivation.

Strong Seniors - is fantastic for the active older adult as well as beginners . This class is primarily performed in a chair.

Super Circuit—Form of body conditioning or resistance training using high intensity aerobic activity and weight training. Targets strength building and muscular endurance.

Sunrise Boot Camp—A great way to start the day. This class will get your heart rate up and keep it there using a series of drills and exercises.

Total body conditioning - High/Low Impact complete body workout with high/low intensity interval training. weights and core.

X-Train WOD— Workout of the Day-- Incorporates a variety of different types of exercises into a vigorous and supremely productive workout. Usually 30-45 minutes.

Yoga— Improves flexibility, balance, muscular strength, bone density and mental focus./ *Yin Yoga*— Gentle stretching Yoga .

Y Pilates— Yoga postures Pilates and core workout.

Zumba- combines Latin and international music for a one of a kind dance based aerobic workout "party". Lots of fun and easy to follow! **Zumba GOLD**— A less intense Zumba class great for *beginners or seniors with modified movements.*

30 min Ab Blast!— Primary focus on exercises for toning and strengthening the core and abdominal muscles. **Butts & Guts**—Lower body and abs.