

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Cardio 6:30-7:15 <i>Alyssa</i>	Cross-Training 6:30-7:15 <i>Alyssa</i>	Cardio Express 6:30-7:00 <i>Alyssa</i>	Total Strength 6:30-7:15 <i>Alyssa</i>	Whiteboard Workout 6:30-7:15 <i>Alyssa</i>
Strength & Cardio 11:30-12:15 <i>Alyssa</i>	Total Strength 11:30-12:15 <i>Breanna</i>	Cross-Training 11:30-12:05 <i>Breanna</i>	Dance Fitness 11:30-12:00 <i>Hope</i>	Vinyasa Yoga 11:30-12:15
Vinyasa Yoga 12:30-1:15 <i>Sarah</i>	Vinyasa Yoga 12:30-1:15 <i>Sarah</i>	Yoga in the Sky 12:30-1:15	Yoga Fusion 12:30-1:15 <i>Sarah</i>	
		Cardio & Core Blast 4:30-5:00 <i>Breanna</i>		

January -
March



Class	Descriptions
Strength & Cardio	<i>This class is designed to help shed excess fat while building strength and endurance. This class includes circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout.</i>
Vinyasa Yoga	<i>Each class will start with an uplifting theme. Vinyasa-style classes flow from one posture or pose to the next following with one's breath. This class will focus on flowing through one or two postures before moving on to the next sequence.</i>
Cross-Training	<i>A challenging workout that is sure to get your blood flowing and muscles pumping using weights and various equipment. This class will keep you moving through circuits with minimal rest in between.</i>
Total Strength	<i>This class will move you through strength exercises that will help improve activities of daily living by utilizing multiple muscle groups to perform compound movements. Beginners, Intermediate, and advanced are all welcome!</i>
Yoga Fusion	<i>A Yin Yang style yoga fusion where the class begins with vinyasa movement including standing & balance postures. The second half of class will include yin holds for deep release & stretching.</i>
Cardio Express	<i>Cardio training will keep your heart rate high during the morning workout. Similar to a HIIT style training, cardio will be incorporated using different equipment including the rower, treadmills, and bikes. Not instructor-led.</i>
Dance Fitness	<i>Dance out the jitters at the end of your work week! This class is upbeat and tailored to music. Moving in ways you haven't moved before, you will feel refreshed and energetic afterward!</i>
Cardio & Core Blast	<i>Finish the day with a fun, quick class that will target cardio by keeping the heart rate high while incorporating core strength along the way!</i>
Whiteboard Workout	<i>Get on a weight-lifting workout program provided to you on the whiteboard. The weights room, cardio equipment, and other items will be used. Not Instructor-led.</i>