

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Cardio 6:30-7:15 <i>Alyssa</i>	Cross-Training 6:30-7:15 <i>Alyssa</i>	Spin Class 6:30-7:00 <i>Alyssa</i>	Total Strength 6:30-7:15 <i>Alyssa</i>	Provided Lift (Whiteboard) 6:30-7:15 <i>Alyssa</i>
Strength & Cardio 11:30-12:15 <i>Alyssa</i>	Total Body Pump 11:30-12:15 <i>Breanna</i>	Cross-Training 11:30-12:05 <i>Breanna</i>	Step it Up! 11:30-12:00 <i>Breanna</i>	Vinyasa Yoga 11:30-12:15 <i>Paula</i>
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 <i>Paula</i>	Yoga Fusion 12:30-1:15 <i>Sarah</i>	

Cardio & Core Blast
4:30-5:00
Breanna



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 Body Pump	<i>This class will move you through strength exercises that 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>
Cycle	<i>This class will target cardio-specific bike training right away before your work day. Join Coach Alyssa in a 30-minute quick cycle class involving standing hills, seated sprints, and other bicycle movements.</i>
Step it Up!	<i>This is not your normal step class! Step it up with coach Breanna for a fun fast-paced step workout sure to keep your heart rate up. *Limit 10 participants per class</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 weight room, cardio equipment, and other items will be used.</i>