

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:30
Strength & Conditioning	Cross - Training	Mixed Cardio	Core & Restore	Power Hour
11:30 - 12:15	11:30 - 12:15	11:30 - 12:00	11:30 - 12:15	11:30 - 12:00
Strength & Conditioning	Functional Strength Training	MIX IT UP*	Coaches Choice	Cycle Strength*
12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15
Vinyasa Yoga	Vinyasa Yoga	Hatha Yoga	Yoga Fusion	Yoga Sculpt
		4:30 - 5:15	4:30 - 5:00	
		Bootcamp	Tone & Balance	

May GROUP FITNESS SCHEDULE



Class

Descriptions: Monday - Wednesday

Strength & Conditioning	<i>This class is designed to help shed that 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. All-Levels.</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 to get your blood flowing using weights and other props to improve strength, balance, and core while taking a rest from cardio training. All- Levels.</i>
Functional Strength Training	<i>This class will move you through strength exercises that will help improve activities of daily living by utilizing multiple muscles groups to perform compound movements. Beginner, Intermediate, and advanced are all welcome!</i>
Mixed Cardio	<i>Cardiovascular training will keep your heart rate high during the morning workout. Cardio training will be incorporated using different equipment including the rower, treadmills and bikes. All-Levels.</i>
Coaches Choice/ MIX IT UP*	<i>A strength class that mixes body weight exercises with cardio and strength training. With a new workout every week, and a variety of equipment being used, these classes are designed to push participants harder than they'd push themselves and to always keep moving.</i>
Hatha Yoga	<i>Hatha Yoga traditionally holds poses for about five breaths. Therefore, if you are ready to feel worked, pushed and stretched all in one, this is the class for you. Wednesdays classes will will be more uplifting and spirited.</i>
Bootcamp	<i>Finish the day with a class that will target cardiovascular health by training in a circuit style. Stations, drills, and functional equipment will be highlighted for the full 45 minutes. Intermediate and advanced options will be offered.</i>

Class	Descriptions: Thursday - Friday
Core & Restore	A strength class that mixes body weight exercises with cardio and strength training. With minimal equipment being used, this mid-week class is meant to start slower and remind your muscles about the basic strength movements. (Beginner- Intermediate)
Yoga Fusion	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.
Tone & Balance	This core engaging class focuses on single muscular movements. Working on coordination and balance, you will feel stronger while toning the smaller muscles in your body.
Power Hour	Take an hour in your morning to work out in a style that has longer rest periods while working to push through a tough sweat with weight training and explosive movements to follow. (Intermediate-Advanced)
Cycle Strength*	Take a step away from the desk before your weekend, hop on a bike and grab a pair of dumbbells as this class will target cardio-specific bike training and strength heading into the weekend. This class will target members to get familiar with the bike for 20 minutes and strength for 10 minutes.
Yoga Sculpt	A fusion of vinyasa yoga & strength endurance training using weights. Think yoga with upbeat music & your favorite strength training moves with short bursts of cardio for a complete workout.
*	Classes offered In-Person & Virtually