

GROUP X CLASS SCHEDULE

Group X classes are instructor-lead group workouts designed to help participants reach their fitness goals. These classes cater to any fitness level and are offered in a variety of different formats to meet everyone's needs.

FREE DEMO WEEKS: AUG. 25 - SEPT. 7

Fee: *Single Entry: \$7*
Unlimited Pass: Student \$45, Member \$55

	TIME	NAME	RM.	INSTRUCTOR
SUNDAYS	9 -10 a.m.	Multilevel Yoga	2	Wendi
	11 a.m. -12 p.m.	Bend 'N Barre	2	Julie R.
	12:30 -1 :30 p.m.	Multilevel Yoga	2	Julie R.
MONDAYS	6:15 -7:15 a.m.	Sunrise Yoga	2	Kim P.
	7:45 -8:45 a.m.	TRX101	1	Lilian K.
	7:45 -8:45 a.m.	Yin Yang Yoga	2	Andrew S.
	9 -10 a.m.	Power Pilates	2	Lilian K.
	9:15 -10:15 a.m.	Spinning	Combative	Carol D.
	10:45 -11:30 a.m.	BOOM Mind/Body	1	Lilian K.
	12 p.m. - 1 p.m.	Barre & Balance	2	Carol D.
	4:30 - 5:30 p.m.	Yoga "Props"	2	Lucas C.
	5:45 - 6:45 p.m.	Total Body Conditioning	1	Samantha B.
	5:45 - 6:45 p.m.	Spinning	Combative	Jerry L.
	6 - 6:45 p.m.	Weighted Barre	2	Carol D.
	7 - 8 p.m.	Glow Spin	C	Lindsey A.
8:15 - 9:15 p.m.	Zumba	1	Elizabeth H.	
TUESDAYS	6:15 - 7:15 a.m.	Total Body Conditioning	1	Samantha B.
	7 - 8 a.m.	Vinyasa Flow	2	Morgan L.
	8:15 - 9:15 a.m.	Mat Pilates	2	Carol D.
	9 - 10 a.m.	Aqua Shallow	Lap Pool	Beth M.
	10:30 - 11:30 a.m.	Barre & Balance	2	Carol D.
	12 - 1 p.m.	Super Spin 50/50	Combative	Carol D.
	5:30 - 6:30 p.m.	Total Body Conditioning	1	Allison Y.
	5:45 - 6:45 p.m.	Multilevel Yoga	2	Grace C.
	5:45 - 6:45 p.m.	Aqua Deep	Lap Pool	Pam L.
	7:15 - 8 p.m.	Buti Yoga *	1	Jenna G.
	8:15 - 9 p.m.	POUND *	1	Erin M.
	WEDNESDAYS	6:15 - 7:15 a.m.	Spinning	Combative
7:45 - 8:45 a.m.		TRX 101	1	Lillian K.
8 - 9 a.m.		Yoga & Pilates Unite!	2	Allison Y.
9 - 10 a.m.		Aqua Deep	Lap Pool	Lillian K.
9:45 - 10:30 a.m.		Butts & Guts	2	Carol D.
11:30 a.m.- 12 p.m.		BOOM Move It	1	Lillian K.
12:15 - 1 p.m.		Spinning	Combative	Kendyll A.
4:30 - 5:30 p.m.		Yoga "Props"	2	Lucas C.
5:45 - 6:45 p.m.		Spinning	Combative	Audrey T.
5:30 - 6:15 p.m.		POUND *	1	Geena W.
7 - 8 p.m.		WERQ	1	Erin M.
7 - 8 p.m.		Spinning: Rhythm Ride	Combative	Lindey A.
7 - 8 p.m.	Barre Intensity	2	Anne L.	
8:15 - 9:15 p.m.	Glow Spin	Combative	Haylee H.	
THURSDAYS	6:15 - 7:15 a.m.	Total Body Conditioning	1	Samantha B.
	8:15 - 9:15 a.m.	Mat Pilates	2	Carol D.
	9 - 10 a.m.	Aqua Shallow	Lap Pool	Anne S.
	10:30 - 11:30 a.m.	Barre & Balance	2	Carol D.
	12 - 1 p.m.	Yoga & Pilates Unite!	2	Carol D.
	5:45 - 6:45 p.m.	TRX Bootcamp	1	Rom V.
	5:45 - 6:45 p.m.	Power Yoga	2	Allison Y.
	5:45 - 6:45 p.m.	Aqua Deep	Lap Pool	Pam L.
	7 -8 p.m.	Vinyasa Flow	2	Morgan L.
FRIDAYS	6:15 - 7 a.m.	TRX Bootcamp	1	Jenna M.
	7:30 - 8:30 a.m.	Multilevel Vinyasa Yoga	2	Grace C.
	9 - 10 a.m.	Power Pilates	2	Lillian K.
	12:15 - 1 p.m.	Vinyasa Yoga	2	Riley P.
	12:15 - 1 p.m.	Balls & Bands	1	Lillian K.
	12:15 - 1 p.m.	Spinning	Combative	Susan F.
5:30 - 6:15 p.m.	POUND	1	Geena W.	
SATURDAYS	9:15 - 10:15 a.m.	Total Body Conditioning	1	Talia R.
	9:30 - 10:30 a.m.	Multilevel Yoga	2	Grace C.

* 3rd Tuesday or Wednesday of each month is a Glow class.

Schedule subject to change. Please check website for most up-to-date schedule.

GROUP X CLASS DESCRIPTIONS

Classes are for all levels unless otherwise noted.

AQUA DEEP

A non-impact combination of cardiovascular and strength training that takes place in the deep end of our pool.

AQUA SHALLOW

Increase your strength and endurance with low impact movements in the shallow end of the pool.

BALLS & BANDS

Improve your strength, balance and flexibility in this class focused on using physio balls and resistance bands.

BARRE INTENSITY

This class combines attributes of Pilates, dance and functional fitness training resulting in a total body workout that leaves you mentally strong and feeling accomplished.

BARRE & BALANCE **NEW!**

Stretch, tone and feel the burn with this redesigned barre class that includes fat burning plyometrics, bodyweight exercises and muscle lengthening stretches.

BEND 'N BARRE

Strengthen and lengthen. Releve and Namaste. Increase your strength, endurance and flexibility with a blend of yoga and ballet inspired dance exercises.

BOOM MIND/BODY

Focus on improving balance and flexibility in this yoga and Pilates inspired, invigorating workout geared toward beginners and older patrons looking to step up their fitness levels.

BOOM MOVE IT

Dance to the beat of hip hop or move to the rhythms of a mambo. Beginners and older patrons needing a low-impact, but higher intensity cardio workout can have fun learning dance steps from every era.

BUTI YOGA

Buti is movement! Join the tribe and check out this dynamic Vinyasa Yoga practice fused with primal movement, tribal dance and deep core engagement.

BUTTS & GUTS

Flash in for a quick 45-minute workout focusing on the entire core, from your glutes to your abs.

GLOW SPIN

Glow Spin is an indoor cycling class that features high-intensity cardio set to an upbeat play list with vibrant flashing lights. Join this fun and trendy Spinning class to up your strength and endurance while jamming out to soulful music under the glow of neon lights!

MAT PILATES

Strengthen and trim your waistline while improving body alignment in this non-impact, non-aerobic, deep muscle conditioning class. *1 - 2 dumbbells*

MULTILEVEL YOGA

Designed for any level yogi, this class builds on basic yoga postures to expand into deeper movements, breath and mind awareness.

POUND

Make some noise and get ready to transform your body through a fusion of rhythmic cardio interval training and drumming. This lively, heart-pumping class set to upbeat music will keep your workouts feeling fun and fresh.

POWER PILATES

Transform your body and increase your energy using controlled precise movements designed to stretch and strengthen your muscles.

POWER YOGA

Gain strength, flexibility and mental awareness, while focusing on the physical aspect of yoga. *2 - 3 dumbbells*

SPINNING

Get your heart and legs stronger as you go through an hour of flat roads, hills and jumps on the bike.

SPINNING: RHYTHM RIDE **NEW!**

Use the power of the beat to drive your pace and power output while increasing your motivation to complete challenging sprints, climbs, jumps and more.

1 dumbbell

SUNRISE YOGA

A perfect way to start your week off right! Great for all levels, join in and experience an invigorating combination of Vinyasa flow stretching and breathing techniques.

SUPER SPIN 50/50

A fusion Spin class filled with strength and core conditioning.

TOTAL BODY CONDITIONING

Strengthen the cardiovascular and muscular systems using a variety of strength and agility equipment combined with body weight exercises.

2 - 3 dumbbells

TRX 101

Use your bodyweight and gravity on the TRX Suspension Trainer to increase core strength and muscular endurance.

1 - 2 dumbbells

TRX BOOT CAMP

Work your entire body and push past your limits in this boot camp style class using strength equipment, body weight exercises and body suspension training.

VINYASA YOGA

Move through the power of the breath in this smooth flowing class to cultivate balance, flexibility, strength and endurance as well as developing a sense of well-being and inner stillness.

WEIGHTED BARRE

Lengthen and strengthen your muscles for a long lean look with this redesigned Barre class that includes dance-based moves mixed with resistance exercise.

WERQ

WERQ is a fun and fiercely addictive cardio dance fitness class based on the hottest pop, rock and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

YIN YANG YOGA

A unique class that combines power poses, core work and balance with restorative postures that help you relax and focus on breath work.

YOGA & PILATES UNITE! **NEW!**

This class offers the best of both disciplines (Yoga & Pilates) to increase your overall strength and flexibility.

1 dumbbell

YOGA BASICS

For beginners or continuing students, this class will help you learn yogic fundamentals and develop a solid yoga foundation.

1 dumbbell

YOGA "PROPS"

Learn to use the tools of the Yoga trade. Props such as blocks, straps and sandbags allow practitioners to gain even more benefits from postures and breath work.

ZUMBA

A fusion of Latin and international music, combining fast and slow rhythms that will tone and sculpt the body.