



GROUP FITNESS SCHEDULE

APRIL 2019

STUDIO KEY

- ULS** Upper Level Studio
- LLS** Lower Level Studio
- CS** Cycling Studio
- QX** Queenax
- TR** Treadmill

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:15-7:15 SPIVI® CS <i>Kim</i> 6:15-7:15 Morning Core Flow LLS <i>Stephanie</i> 7:15-8:00 Total Body Fitness ULS <i>Stephanie</i>	6:15-7:15 Spinning® CS <i>Kristin</i> 6:45-7:30 Boot Camp ULS <i>Ally</i> 7:15-8:00 Gentle Yoga LLS <i>Michelle</i> 10:30-11:00 HIIT and Run TR <i>Michael Roman</i>	6:15-7:15 Spinning® CS <i>Wendy</i> 6:15-7:15 Morning Core Flow LLS <i>Stephanie</i> 7:15-8:00 Total Body Fitness ULS <i>Ally</i>	6:15-7:15 SPIVI® CS <i>Kristin</i> 6:45-7:30 Boot Camp ULS <i>Marell</i> 7:15-8:00 Gentle Yoga LLS <i>Michelle</i> 10:30-11:00 HIIT and Run TR <i>Michael Roman</i>	7:15-8:15 Vinyasa Flow Yoga LLS <i>Charlotte</i>	8:30-9:30 Spinning® CS <i>Chase</i> 9:00-10:00 Vinyasa Flow Yoga LLS <i>Megan</i> 9:00-9:45 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 10:00-11:00 Boot Camp ULS <i>Kim</i>	10:30-11:30 Spinning® CS <i>Jennifer Heckell</i> 11:00-11:45 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i>
LUNCH	11:15-12:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 11:15-12:00 Core Fusion LLS <i>Tracie Boddy</i> 11:15-12:00 Boot Camp ULS <i>Kelli Pierce</i> 11:30-12:15 SPIVI® CS <i>Tara</i> 12:00-12:15 AB ATTACK! ULS <i>Kelli Pierce</i> 12:15-1:00 Barre LLS <i>Debbie</i> 12:15-1:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 12:25-12:55 Cardio Kickboxing ULS <i>Tracie Boddy</i> 12:30-1:00 Spinning® CS <i>Tara</i> 1:05-1:35 Total Body Fitness ULS <i>Tracie Boddy</i> 1:15-2:00 Warm Vinyasa LLS <i>Charlotte</i> 1:15-2:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i>	11:15-11:45 Queenax Core QX <i>EXOS Fitness Coach</i> 11:15-12:00 Yoga Flow LLS <i>Michelle</i> 11:15-12:00 Boot Camp ULS <i>Zach</i> 11:30-12:15 SPIVI® CS <i>Tara</i> 12:00-12:15 AB ATTACK! ULS <i>Zach</i> 12:00-12:30 Queenax Core QX <i>EXOS Fitness Coach</i> 12:15-1:00 Vinyasa Flow Yoga LLS <i>Ashley-Brooke</i> 12:25-12:55 Tabata ULS <i>Dana Price</i> 12:45-1:15 Queenax Boost (intro) QX <i>EXOS Fitness Coach</i> 1:05-1:35 Total Body Fitness ULS <i>Dana Price</i> 1:15-2:00 Barre LLS <i>Debbie</i> 1:45-2:30 Zumba® ULS <i>Heather</i>	11:15-12:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 11:15-12:00 Core Fusion LLS <i>Linda</i> 11:15-12:00 Boot Camp ULS <i>Kelli Pierce</i> 11:30-12:15 Spinning® CS <i>Jillian</i> 12:00-12:15 AB ATTACK! ULS <i>Kelli Pierce</i> 12:15-1:00 Barre LLS <i>Linda</i> 12:15-1:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 12:25-12:55 Cardio Kickboxing ULS <i>Dana Lee</i> 12:30-1:00 SPIVI® CS <i>Jillian</i> 1:05-1:35 Total Body Fitness ULS <i>Tracie Boddy</i> 1:15-2:00 Warm Vinyasa LLS <i>Charlotte</i> 1:15-2:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i>	11:15-11:45 Queenax Core QX <i>EXOS Fitness Coach</i> 11:15-12:00 Mobility & Movement LLS <i>Stephanie</i> 11:15-12:00 Boot Camp ULS <i>Dana Price</i> 11:30-12:15 SPIVI® CS <i>Jillian</i> 12:00-12:15 AB ATTACK! ULS <i>Dana Price</i> 12:00-12:30 Queenax Core QX <i>EXOS Fitness Coach</i> 12:15-1:00 Vinyasa Flow Yoga LLS <i>Stephanie</i> 12:25-12:55 Tabata ULS <i>Dana Price</i> 12:45-1:15 Queenax Boost (intro) QX <i>EXOS Fitness Coach</i> 1:05-1:35 Total Body Fitness ULS <i>Tracie Boddy</i> 1:15-2:00 Barre LLS <i>Debbie</i> 1:45-2:30 Zumba® ULS <i>Heather</i>	11:15-12:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 11:15-12:00 Power Yoga LLS <i>Stephanie</i> 11:15-12:00 Boot Camp ULS <i>Kelli Pierce</i> 11:30-12:15 SPIVI® CS <i>Jennifer Heckell</i> 12:00-12:15 AB ATTACK! ULS <i>Angie</i> 12:15-1:00 Vinyasa Flow Yoga LLS <i>Ashley Brooke</i> 12:15-1:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 12:25-12:55 Cardio Kickboxing ULS <i>Tracie Boddy</i> 12:30-1:00 Spinning® CS <i>Jennifer Heckell</i> 1:15-2:00 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i>		
EVENING	5:15-6:00 STRONG by Zumba® ULS <i>Heather</i> 5:15-5:45 Queenax Boost QX <i>EXOS Fitness Coach</i> 5:30-6:15 Spinning® CS <i>Chase</i> 5:30-6:30 Power Yoga LLS <i>Kristin</i> 6:30-7:15 Spinning® CS <i>Abbas</i>	4:00-5:00 Taekwondo* ULS <i>Kevin Manwell</i> 4:30-5:15 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 4:30-5:30 Slow Flow Yoga LLS <i>Michelle</i> 4:30-5:15 Intro to Cycle CS <i>Abbas</i> 5:30-6:15 SPIVI® CS <i>Abbas</i> 5:30-6:30 Warm Vinyasa LLS <i>Ryan Bratcher</i> 6:00-6:45 Boot Camp ULS <i>Marell</i>	5:15-6:00 STRONG by Zumba® ULS <i>Heather</i> 5:15-5:45 Queenax Boost QX <i>EXOS Fitness Coach</i> 5:30-6:15 Spinning® CS <i>Chase</i> 5:30-6:30 Power Yoga LLS <i>Stephanie</i> 6:30-7:15 Spinning® CS <i>Abbas</i> 6:35-7:20 Pound® LLS <i>Kelly Nord</i>	4:00-5:00 Taekwondo* ULS <i>Kevin Manwell</i> 4:30-5:15 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 4:30-5:30 Slow Flow Yoga LLS <i>Stephanie</i> 4:30-5:15 Intro to Cycle CS <i>Jillian</i> 5:30-6:15 Spinning® CS <i>Jennifer Heckell</i> 5:30-6:30 Warm Vinyasa LLS <i>Ryan Bratcher</i> 6:00 - 6:45 Boot Camp ULS <i>Marell</i> 6:30-7:15 Spinning® CS <i>Kelly Nord</i>	4:30-5:15 Queenax Metabolic Fit QX <i>EXOS Fitness Coach</i> 5:30-6:00 HIIT and Run TR <i>Michael Roman</i>		

* Taekwondo classes are fee based. Please inquire about our 8-week program at the Front Desk.

** New classes to the schedule, or changes in Instructor or class time are highlighted in plum.



CLASS DESCRIPTIONS

CYCLING STUDIO

SPIVI® studio delivers the ultimate indoor cycling experience! SPIVI technology tracks real-time data and displays it on our digital screen in multiple views including leaderboard, color coded zones, and a whole lot more! Tracking helps you reach your goal with live stimulating visual feedback.

SPINNING® A high-energy indoor cycling class led by a motivating instructor with a unique playlist of powerful and energizing music.

INTRO TO CYCLING Instructor led introductory class to indoor cycling. This class includes bike set up instructions and proper body alignment cues. The instructor guides the riders through hills, flat roads and intervals to deliver a full-body workout targeting glutes, quads, hamstrings and, of course, the heart.

UPPER LEVEL STUDIO

BOOTCAMP This total body class focuses on achieving muscular strength through exercises targeting all muscle groups. This is a perfect class for someone looking to build strength. Think of this as a group personal training session – with great music and a lot of personality!

CARDIO KICKBOXING Jab! Cut! Hook! Kick! This class combines aerobic and anaerobic boxing drills in a cardio-choreographed fashion. Short, quick movements with high repetition challenge your heart rate while toning muscles. Sweat it out in this class!

TABATA A daring and dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest – x8. 4 minute intervals to increase athletic performance, and decrease body fat.

AB ATTACK! 15 minutes to firm your deep abdominal muscles, improve posture, shrink your waist and gain more confidence!

TURBO KICK® A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you excited about your next workout.

TOTAL BODY FITNESS Focus on toning and strengthening your muscles using various pieces of equipment. This class is designed to teach you proper form and execution of many different exercises.

ZUMBA® combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Zumba is a feel good workout geared toward all levels.

STRONG BY ZUMBA® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move

TAEKWONDO A great way to improve fitness, confidence and self-defense skills. Classes follow a traditional style of Taekwondo, focusing on the total development of individuals and self-defense skills. Taekwondo is open to everyone, no matter what your current level of fitness. Belt test is available at the end of each cycle.

LOWER LEVEL STUDIO

BARRE classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements!

CORE FUSION In this core-based class we will focus on the upper, mid, and lower abdominal muscles as well as the obliques and lower back to create balance from the inside out. Core training helps to stabilize your spine, eliminate lower back pain, and strengthen your mid-section. With a strong CORE and GREAT BALANCE you will be unstoppable!

SLOW FLOW YOGA captures the spirit of a Vinyasa class in a more mindful pace for those looking to build breath awareness and inner calm. Come prepared to be invigorated and restored as you creatively explore postures, build strength and openness.

MOBILITY & MOVEMENT Blow off steam from the work week while improving your mobility and strength. Each week you will practice movement games that build camaraderie and make you a better problem solver. Increase your resilience, agility and functional movement.

MAT PILATES Think “long lean body”. This class focuses on strength and flexibility of the major muscle groups and is based on the traditional studies of Joseph Pilates. If you’re not sure if yoga or Pilates is for you, try mat Pilates. The exercises combine core activities, breathing and relaxing.

GENTLE YOGA De-stress with this relaxing class that focuses on meditation and breathing. Smooth movements help participants achieve better posture, flexibility, balance, and strength while meditation helps to improve focus.

POUND® is an exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted

drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose and rockin’ out!

VINYASA FLOW YOGA is one of the most popular contemporary styles of yoga. Each movement is synchronized to a breath. The strength of Vinyasa is in its diversity. If you appreciate having things a little loose and unpredictable and like to keep moving, this style is definitely worth a try!

MORNING CORE FLOW A mindful, breath centered practice with smart sequencing, bodyweight exercises, and functional movement techniques that emphasize core stability. Come salute the sun, build strength and advance your yoga practice.

POWER YOGA A vigorous, fitness-based approach to Vinyasa-style Yoga. Power Yoga takes the athleticism of Ashtanga, including many Vinyasas, while teaching several new poses.

WARM VINYASA is practiced in a room heated to approximately 95 degrees Fahrenheit. Vinyasa is the Sanskrit term for “flow” and refers to alignment of breath and movement to create a dynamic, flowing form of yoga.

QUEENAX

QUEENAX BOOST (INTRO) This 30 minute total body workout optimizes time and results with super functional total body training.

QUEENAX BOOST This 30 minute total body workout offers to meet you at your ability level and challenge you using progressions based off of movements learned in the Queenax Boost (Intro) class.

QUEENAX CORE This 30 minute workout targets your core muscles to improve stability and strength with this high energy program that incorporates coordination, strength, and stamina.

QUEENAX METABOLIC FIT Get lean and strong with this 45 minute high intensity interval training workout that will enhance your metabolism while improving your overall fitness level.

TREADMILL

HIIT and Run Boost your running performance, build strength, and burn calories during this 30 minute high-intensity interval training (HIIT) workout. Alternating between short periods of intense bursts and moderate recovery pace on the treadmill – combined with a total-body strength circuit – these sessions are designed to take your fitness to the next level.