



GROUP FITNESS SCHEDULE

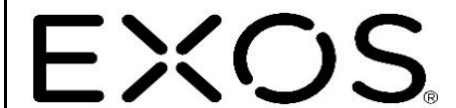
AUGUST 2019

STUDIO KEY

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:15-7:15 SPIVI® CS Amber	6:15-7:15 Spinning® CS Kristin 7:15-8:00 Gentle Yoga LLS Michelle 10:30-11:00 HIIT and Run TR Bethany Westbrook	6:15-7:15 Spinning® CS Amber Jackson 6:30-7:30 RUN CLUB OS EXOS Fitness Coach 7:15-8:00 Total Body Fitness ULS Ally	6:15-7:15 SPIVI® CS Kristin 6:45-7:30 Boot Camp ULS Marell 7:15-8:00 Gentle Yoga LLS Michelle 10:30-11:00 HIIT and Run TR Michael Roman		8:30-9:30 Spinning® CS Chase 10:00-10:45 Queenax Metabolic Fit QX EXOS Fitness Coach	10:30-11:30 Spinning® CS Jennifer Heckell 11:00-11:45 Queenax Metabolic Fit QX EXOS Fitness Coach
MIDDAY	11:15-12:00 Queenax Metabolic Fit QX EXOS Fitness Coach 11:15-12:00 PIYO® LLS Tracie Boddy 11:15-12:00 Boot Camp ULS Kelli Pierce 11:30-12:15 SPIVI® CS Jillian 12:00-12:15 AB ATTACK! ULS Kelli Pierce 12:15-1:00 Barre LLS Tracie Boddy 12:15-1:00 Queenax Metabolic Fit QX EXOS Fitness Coach 12:25-12:55 REFIT® ULS Jen Mannarelli 12:30-1:00 Spinning® CS Jillian 1:15-2:00 Warm Vinyasa LLS Charlotte 1:15-2:00 Queenax Metabolic Fit QX EXOS Fitness Coach	11:15-11:45 Queenax Core QX EXOS Fitness Coach 11:15-12:00 Yoga Flow LLS Michelle 11:15-12:00 Boot Camp ULS Zach 11:30-12:15 SPIVI® CS Abbas 12:00-12:15 AB ATTACK! ULS Zach 12:00-12:30 Queenax Core QX EXOS Fitness Coach 12:15-1:00 Vinyasa Flow Yoga LLS Nichole 12:25-12:55 Tabata ULS Dana Price 1:15-2:00 Barre LLS Amber Jackson	11:15-12:00 Queenax Metabolic Fit QX EXOS Fitness Coach 11:15-12:00 PIYO® LLS Tracie Boddy 11:15-12:00 Boot Camp ULS Kelli Pierce 11:30-12:15 Spinning® CS Jillian 12:00-12:15 AB ATTACK! ULS Kelli Pierce 12:15-1:00 Barre LLS Tracie Boddy 12:15-1:00 Queenax Metabolic Fit QX EXOS Fitness Coach 12:25-12:55 REFIT® ULS Jen Mannarelli 1:15-2:00 Warm Vinyasa LLS Charlotte 1:15-2:00 Queenax Metabolic Fit QX EXOS Fitness Coach	11:15-12:00 Pound® LLS Kelly Nord 11:15-11:45 Queenax Core QX EXOS Fitness Coach 11:15-12:00 Boot Camp ULS Dana Price 11:30-12:15 SPIVI® CS Jillian 12:00-12:15 AB ATTACK! ULS Dana Price 12:00-12:30 Queenax Core QX EXOS Fitness Coach 12:15-1:00 Vinyasa Flow Yoga LLS Stephanie 12:25-12:55 Tabata ULS Dana Price 1:15-2:00 Zumba® ULS Heather	11:15-12:00 Queenax Metabolic Fit QX EXOS Fitness Coach 11:15-12:00 Power Yoga LLS Stephanie 11:15-12:00 Boot Camp ULS Kelli Pierce 11:30-12:15 SPIVI® CS Jennifer Heckell 12:00-12:15 AB ATTACK! ULS Angie 12:15-1:00 Vinyasa Flow Yoga LLS Angie 12:15-1:00 Queenax Metabolic Fit QX EXOS Fitness Coach 12:25-12:55 REFIT® ULS Jen Mannarelli 12:30-1:00 Spinning® CS Jennifer Heckell 1:15-2:00 Queenax Metabolic Fit QX EXOS Fitness Coach		
EVENING	5:15-6:00 STRONG by Zumba® ULS Heather 5:15-5:45 Queenax Boost QX EXOS Fitness Coach 5:30-6:15 Spinning® CS Chase 5:30-6:30 Power Yoga LLS Kristin 6:30-7:15 Spinning® CS Abbas	4:30-5:15 Queenax Metabolic Fit QX EXOS Fitness Coach 5:30-6:15 SPIVI® CS Abbas 5:30-6:30 Warm Vinyasa LLS Ryan Bratcher 6:00-6:45 Boot Camp ULS Marell	5:15-6:00 STRONG by Zumba® ULS Heather 5:15-5:45 Queenax Boost QX EXOS Fitness Coach 5:30-6:15 Spinning® CS Abbas 5:30-6:30 Power Yoga LLS Stephanie 6:30-7:30 Spinning® CS Chase	4:30-5:15 Queenax Metabolic Fit QX EXOS Fitness Coach 5:30-6:15 Spinning® CS Jennifer Heckell 5:30-6:30 Warm Vinyasa LLS Stephanie 6:00 - 6:45 Boot Camp ULS Marell	4:30-5:15 Queenax Metabolic Fit QX EXOS Fitness Coach 5:30-6:00 HIIT and Run TR Michael Roman		

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.

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!

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.

REFIT® is a powerful, uplifting group fitness experience, where we welcome everybody & every body! All ages, shapes, sizes, and abilities are loved in our REFIT® community! We use cardio-based, movement to the rhythms of value-positive music that lasts way beyond the workout!

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.

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!

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.

PIYO is a low impact, high intensity full body workout. Build strength, improve flexibility and tone muscles with low impact plyometrics, yoga and Pilates-inspired movements set to a fast pace to help burn fat while sculpting lean muscles.

QUEENAX

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.