



# October 2021

## MONDAY

Time	Class	Room	Instructor
5:30am	AM Rise & Grind	A	Amanda
8:30am	Aqua Fit	Pool	Kristene
8:30am	Muscle Pump	A	Sandy
8:45am	Yoga Flow	B	Cathy
10:30am	Balance	B	Cathy
12:15pm	30 Minute Blast	A	Cathy
5:30pm	Muscle Pump	A	Sandy

## TUESDAY

Time	Class	Room	Instructor
5:00am	Spin	A	Kailey
7:30am	Yogalates	B	Laura
8:30am	Tabata Spin	A	Sandy
8:30am	Aqua Fit	Pool	Kristene
8:45am	Zumba	B	Laura
12:15pm	30 Minute Blast	A	Cathy
5:30pm	Spin	A	Chelsea
6:35pm	Boot Camp	A	Sandy

## WEDNESDAY

Time	Class	Room	Instructor
5:30am	Werk Out	A	Amanda
8:30am	Muscle Pump	A	Sandy
8:30am	Aqua HIIT	Pool	Kristene
8:30am	Yoga	B	Laura
10:30am	Chair Yoga	B	Cathy
12:15pm	30 Minute Blast	A	Cathy
5:30pm	Muscle Pump	A	Sandy

## THURSDAY

Time	Class	Room	Instructor
5:00am	Spin	A	Kailey
7:30am	Yogalates	B	Laura
8:30am	Tabata Spin	A	Sandy
8:45am	Zumba	B	Laura
12:15pm	30 Minuet Blast	A	Jody
5:30pm	Spin	A	Amanda

## FRIDAY

Time	Class	Room	Instructor
8:30am	Yoga Flow	B	Cathy

## SATURDAY

Time	Class	Room	Instructor
8:30am	Spin/Weights	A	Amanda

**\*\*We will no longer provide yoga mats, please bring your own \*\***

New Class or Class Time 

# CLASS DESCRIPTIONS

- **AM Rise & Grind**— The perfect way to start your day! Expect the unexpected, instructor will do anything from cardio, strength, core and more!!
- **30 Minute Blast**— Get in and out with this high intensity lunch-time workout! Changes daily
- **Core & More**— Work your core, glutes and more!
- **Zumba**— Zumba combines Latin dance moves with hip hop, belly dancing and traditional fitness moves.
- **Yoga**— Various yoga techniques combined to stretch, strengthen and relax your entire body.
- **Yogalates**—Combines easy yoga poses and pilates movements working at your level. The emphasis is on stretching and strengthening the core.
- **Yoga Flow**— **yoga** that incorporates energetic movement through a series of **yo-ga** postures moving with a sense of fluid physical motion
- **Muscle Pump**— An intense 1hr barbell class that focuses on all major muscle groups. Class consists of squats, presses, lifts and curls as you strengthen, tone and define your entire body.
- **Boot Camp**— High Intensity Interval Training incorporating resistance bands, kettle bells, barbells & dumbbells.
- **Aqua Fit**— A moderate intensity water fitness class. 60 minute class
- **Aqua Stretch**— A low intensity water fitness class with stretching.
- **Aqua HIIT**— A high intensity water fitness class.
- **Spin**—An intense cardio workout. A variety of riding techniques used. Always modify when needed.
- **Balance**—Exercises to work on balance and posture
- **Chair Yoga**—Modified Yoga poses in seated position :)
- **Tabata Spin**—Spin Bike Tabata intervals of 20 seconds all out effort followed by 10 seconds of rest
- **Werk Out**—Start your day of right!! Instructor choice, be ready for anything