



June 2022

MONDAY

Time	Class	Room	Instructor
5:30am	AM Rise & Grind	A	Amanda
8:30am	Aqua Fit	Pool	Estela
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

WEDNESDAY

Time	Class	Room	Instructor
5:30am	Werk Out	A	Amanda
8:30am	Muscle Pump	A	Sandy
8:30am	H2O Cardio/ Conditining	Pool	Estela
10:00 am	Bodies in Motion	B	Cathy
10:30 am	Chair Yoga	B	Cathy
12:15pm	30 Minute Blast	A	Cathy
5:30pm	Muscle Pump	A	Sandy

FRIDAY

Time	Class	Room	Instructor
8:30am	Yoga Flow	B	Cathy
8:30am	Aqua Fit	Pool	Estela

TUESDAY

Time	Class	Room	Instructor
5:00am	Spin	A	Summer
8:30am	Tabata Spin	A	Sandy
12:15pm	30 Minute Blast	A	Cathy
5:30pm	Spin	A	Amanda

THURSDAY

Time	Class	Room	Instructor
8:30am	Tabata Spin	A	Sandy
8:30am	Aqua Fit	Pool	Estela
12:15pm	Kickboxing	A	Jody
5:30pm	Spin	A	Amanda

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
- **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.
- **Aqua Fit**— A moderate intensity water fitness class. 60 minute class
- **Aqua HIIT**— 40 minutes of high intense cardio.
- **H2O Cardio/Conditioning**— A mix of cardio and conditioning 40-60min
- **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
- **Bodies in Motion**—Incorporating weights with body movement to build strength and flexibility.