



# November 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    |

## 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    | Summer     |
| 7:30am  | Yogalates   | B    | Laura      |
| 8:30am  | Tabata Spin | A    | Sandy      |
| 8:45am  | Zumba       | B    | Laura      |
| 12:15pm | Kickboxing  | 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