

### Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

### New Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00- 8:45 AM Vinyasa Yoga (Michelle)	8:00-8:45 AM Muscle Pump (Shauna)	8:00- 8:45 AM Vinyasa Yoga (Ashley)	8:00-8:45 AM Muscle Pump (Shauna)	8:00- 8:45 AM Vinyasa Yoga (Michelle)	8:30- 9:30 AM Vinyasa Yoga (Rotates weekly )
	9:00-9:45 AM Total Body (Sierra)	9:00-9:45 AM Total Body (Sierra)	9:00-9:45 AM Total Body (Sierra)	9:00-9:45 AM Total Body (Sierra)	
10- 10:45 AM Restorative Yoga (Michelle)		10- 10:45 AM Restorative Yoga (Ashley)		10- 10:45 AM Restorative Yoga (Michelle)	
	*2-2:30 PM Movement is Medicine (Zach C.)		*2-2:30 PM Movement is Medicine (Zach C.)		
5:20-5:50 PM Core (Sierra)		5:20-5:50 PM Core (Sierra)			
6:00 - 6:20 PM HIIT (Sierra)		6:00 - 6:20 PM HIIT (Sierra)			
	7:00- 7:45 PM Vinyasa Yoga (Ashley)	6:30- 7:45 PM Line Dancing (Mireya)	7:00- 7:45 PM Vinyasa Yoga (Ariel)		

### Spin Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:15 AM Spin (Jessica) No Class 7/27**					
6:00 - 6:45 PM Spin (Shauna)	6:00- 6:45 PM Spin (Shauna)		6:00- 6:45 PM Spin (Jessica) No Class 7/23**		

## Studio Class Descriptions

<b>Muscle Pump</b>	Total Body resistance/cardio focused class to tone and build endurance
<b>Vinyasa Yoga</b>	Connect the mind with the body through breathing, stretching and strengthening poses. Spend time holding yoga poses to increase your flexibility and strength then finish with deep relaxation.
<b>Core</b>	An intensive and thorough class focused on the aspects of building the abdominal region. No detail is left out in stimulating growth and building core endurance via fun and challenging new exercises!
<b>Spin</b>	Come along for a ride with our instructors. Improve your cardio and lower body endurance. They are sure to push you to a great workout!
<b>Total Toning</b>	A fun and dynamic hour of cardio, weights, abs, and stretching. This class was designed for people of all ages.
<b>HIIT</b>	HIIT (High Intensity Interval Training) is an interval based class that will elevate your heart rate quickly and keep it there. You will do plyometrics, body weight movements and strength based workout throughout this hour.
<b>Zumba</b>	A fusion of Latin and International music/dance themes that create a dynamic, exciting, and effective fitness system! The routines feature fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.
<b>Total Body</b>	High efficiency workouts through a combination of interval/circuit training. Dumbbells, Kettlebells, Rowers, and Battleropes are all common tools in this challenging but scaleable class.
<b>Barre Blend</b>	Barre Blend is combination of low-impact, body weight resistance and light cardio set to upbeat music. The exercises are designed to lengthen, strengthen, and tone.
<b>Restorative Yoga</b>	Restorative Yoga is a calming yoga experience that uses props to support the body as it eases into relaxation and balance. All levels welcome.

## Aquatics Schedule Warm Water Therapy Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 AM</b>						
<b>9:00 AM</b>	9:00- 10:00 AM Aquarobics (Ann)	9:00- 10:00 AM Aquarobics (Sheila)	9:00- 10:00 AM Aquarobics (Ann)	9:00- 10:00 AM Aquarobics (Sheila)	9:00- 10:00 AM Aquarobics (Ann)	
<b>10:45 AM</b>						
<b>1:00 PM</b>						
<b>5:00 PM</b>	5:00 - 6:00 PM Aquarobics (Sheila)	5:00 - 6:00 PM Aquarobics (Sheila)	5:00 - 6:00 PM Aquarobics (Sheila)	5:00 - 6:00 PM Aquarobics (Sheila)		
<b>6:00 PM</b>	6:00 - 7:00 PM Aquarobics (Sheila)	6:00 - 7:00 PM Aquarobics (Sheila)	6:00 - 7:00 PM Aquarobics (Sheila)	6:00 - 7:00 PM Aquarobics (Sheila)		

### Aquatic Class Descriptions

- Aqua Arthritis** ♥ An aquatics class designed for individuals with arthritic conditions. Warm water exercise is an excellent way for those with arthritis to build up strength, ease stiff joints and relax sore muscles. Start moving today! \*  
**Endorsed by Silver&Fit®**
- Aquarobics** ♥♥ This class makes a splash! A fun group exercise class in the water that is low-impact but high on fun. The water is great so come on in for a good time!
- A.B.C.** ♥♥♥ Aqua Body Circuit- This class is a total body workout with bursts of cardio! A great way to have fun and get fit!
- Aqua Mom** This class is for prenatal moms that is geared towards each woman's needs.  
*\*\*New Attendees, please alert the Front Desk a day in advance if you will be coming\*\**

**Gym Hours** Monday - Thursday 5 am - 10 pm  
Friday 5 am - 9 pm  
Saturday 7 am - 6 pm  
Sunday 1 pm - 6 pm