

Group X Schedule



Updated 10/5/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 8:45AM Joanne (S)	Mat Pilates 10:00 AM Jane (2)	Cardio Blast 9:30AM Donna (2)	Barre/Sculpt Core 9:00AM Donna (2)	Spin 8:45AM Kim (S)	HITT 8:30AM Heidi (2)	Strength 8:30AM Jane (2)
Vinyasa Flow 10:00AM Sierra (3)	Bootcamp 12:00 PM Donna (2)	Strength 4:30 PM Ann (2)	Bootcamp 12:00 PM Kristin (2)		Spin 9:30 AM Jane (S)	Spin 9:00 AM Heidi (S)
Strength 4:30 PM Jason A (2)	Mat Pilates 5:30PM Heidi (2)	Spin 5:30PM Joanne (S)	Mat Pilates 5:30PM Heidi (2)			
Vinyasa Flow 6:00PM Carol (3)	Cardio Blast 6:00PM Heidi (2)	Vinyasa Flow 6:00PM Noelle (3)	Strength 6:00PM Heidi (2)			
Zumba Dance 7:00PM Ryan (2)						

Class Descriptions

Strength – This strength training workout challenges all major muscle groups by using barbell equipment - from exercises like squats, presses, lifts and curls. Strengthen your entire body with this 30 - 60-minute workout!

Spin – Spinning is an indoor group cycling cardio class. It is a sport specific, individually paced ride that is designed to promote health and well-being. It is important to bring water and go at your own pace. All levels 30-60minutes.

Cardio Blast / HIIT/ Bootcamp – This workout may include a combination of the following: Step Training, Hi-Lo Aerobics, Kettlebells, Sports Training, Speed Drills and Toning.

Flow Yoga– Vinyasa Yoga is the uniting of breath and movement into one vigorous, flowing, asana (postures) practice. In this class, meditation, mantras and emphasis on alignment is interwoven to create a complete yoga experience. Students are encouraged to take a few Hatha Classes first or have a basic understanding of yoga.

Barre/ Sculpt – This class will challenge your total body strength, balance, and posture. Using fluid movements and strength toning will help realign the spine, hips, legs and core in a 30- 45-minute workout!

Pilates– This innovative system of mind body exercises builds strength without bulk, creating a sleek, toned body. It teaches body awareness, good posture, and easy graceful movement. All levels 30-60 minutes.