








	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30a	(A) Core Mix (8:00a) (Anissa)	(A) Boot Pump (Anissa) Team Lean Friendly		(A) Xtreme Pump (Anissa)	(A) Tae Bolates (Anissa)	(A) Accelerator Strengthening Cardio (Anissa)
8:30a	(A) Xtreme Pump Debi	(A) Tred n- Shed X (Debi) 8:45am ☆	(A) Wild Card Wed Leslie		(G) Cardio Mania Leslie	
9:30a	(A) XTreme Step (Leslie) (G) Zumba (Melissa) ☆ (W) Circuit	(A) Horizontal Challenge (Debi) ☆ (W) Circuit	(G) Boot Camp (Debi) A) Zumba® (Melissa) (W) Circuit	A) 9:15 Triple Fit (Leslie) Team Lean Friendly (W) Circuit	(A) XTreme Pump (Anissa) (W) Circuit	(A) Step Interval (Dana) (W) Circuit
10:30a	(A) Adv Silver Sneakers (Debi)			(A) Sweat n Stretch (Lari)	(A) Zumba® Melissa	(A) Zumba Toning (Pam)
11:30a	(A) SilverSneakers® (Sarah)	(A) SilverSneakers® I (Lari)	(A) SilverSneakers ® Chair Yoga (Lisa)	(A) SilverSneakers® I (Lari)		
4:30p		(A) Boot Camp (Debi) ☆				
5:00p				(A) Hip Hop Dancing (Brandy) 		Wild card Wednesday Aerobic room
5:30p	(A) Cardio Dance (Dana) Team Lean Friendly	(A) Step Fusion (Sarah) 	(A) Tight n Tone (Yvonne) Team Lean Friendly 		(A) Zumbatomic (Pam) Ages (4-12)	2/1, 29 ☆ Cardio Ball 2/8, Double Step 2/15 Cardio Ball Circuit
6:00p				(A) XTreme Pump (Velda) Team Lean Friendly		2/22 Kickboxing
6:30p		(A) ABB-X (Sarah) (W) Circuit	(W) Circuit	W) Circuit		
7:00p		(A) Xtreme Pump (Sarah) (G) Zumba® (Pam) 		(G) Zumba® (Melissa) 	(A) Zumba®  (Pam) Zumba Party 2/17	Zumba Class will be canceled that evening!
7:30p	(A) Cardio Kickbox (Brandy)			(A) Cardio Kickbox (Brandy)		

Especially for Kids Classes *

	Monday	Tuesday	Wednesday	Thursday	Friday
4:30p		Fit Kids (ages 5-9)		(A) Fit Kids (age 5-9)	
5:30p		(W) Teen Cardio Orientation ages 12-16			
7:00p				(A) Kids Kickboxing  (age 9& up)	

*Parents - For optimal exercise benefits for all of our members, please bring water bottle, appropriate shoes & clothing, hair pulled back, use restroom before classes & try to be on time. We appreciate your cooperation & wish you health, wellness & fun. Fit Kids will meet in the Activity Center, the Instructor will guide the class.

Spin® Classes (all classes held in Spin Room) *Please wipe down bike seat and handlebars after class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30a	Anissa		Cycle Switch Up (Anissa)		Spin Mix (Lari)	Dana
10:30a		Spin Mix (Lari)				
5:30p	Spin Mix (Brandy)					
6:00p		6:15p Spin/Abs Velda ☆	Spin Velda			
6:30p	Spin Mix (Dana)			Dana		

Yoga Classes *please bring a yoga mat for all classes

	Monday	Tuesday	Wednesday	Friday
9:30a				(B) Simple Stretch-n Strength (Lari)
10:30a	(B) Pilates/Yoga Fusion (Myrna)	(A) Candlelight Yoga (Myrna)	(A) Flow Yoga (Cathy)	
6:30p	(A) Flow Yoga (Cathy)		(A) Flow Yoga II (Cathy)	

Ab-X 30 min. to great abs, back and bottom.

Accelerator Strengthening Cardio– Weights with strengthening- Cardio.

Aqua Cardio - water class focused on getting the heart rate up for a non-impact cardio workout

Aqua Sculpt - water class using weights and noodles for total body sculpting

Aqua Mix - water class using both deep and shallow ends of the pool with optional flotation devices. Participants do not need to know how to swim but must be comfortable in deeper water.

Boot Camp - Fast paced military style workout! Running stairs, suicides, pushups, lunges, squatting, weights, killer abs and more.

Boot Pump - a mix between boot camp and XTreme pump...a little bit of cardio a little bit of sculpting all in one

Candlelight Yoga - Rejuvenating yoga by candlelight for all levels.

Cardioball– 1/2 cardio, 1/2 sculpting, on a stability ball.

Cardio Dance—Combine dance and aerobics for a terrific workout, 30min. Of Fun! Fun! Fun! to get your heart pumping.

Cardio Kickbox- Intense total body workout helps improve strength, aerobic fitness, flexibility, coordination & balance.

Cardio Mania— Unleash your body's potential with a 60 min. class that improve your heart health, increase your muscle strength and burn fat!

Circuit - Utilizes fitness equipment to give a total body workout in 30 minutes. Focuses on safety, endurance, form, toning & conditioning all muscle groups!

Chair Yoga— Great for anyone who cannot get on a mat, or has mobility issues. Dynamic chair flow with ease of movement and relaxation.

Core Mix— Improve your core strength & stability, and really make gains with your exercise routine.

Cycle Switch— Up– High Impact 45 min. to 1hr. Combo of cycling & strength.

Double Step - using 2 steps, get a great cardio workout with more advanced choreography.

Fit kids— Offered for kids ages 5-9. Not just fun and games! Push-ups, sit-ups, sprints and more.

Flow Yoga - Fluid flowing movements working into ea posture & breath, focus is on safety, flexibility, strength & alignment. All levels are welcome.

Flow Yoga II: For the experienced participants. All levels shown as needed.

Hip Hop Dancing - High energy dance focusing on entire form of the body. FUN!

Horizontal Challenge- Best conditioning & strengthening class there is! Take your basic plank to the extreme combined with cardio and core work for a challenging and totally functional workout.

Instructors Choice—Class workout will be Instructors Choice!

Kids Kick boxing— Calling ALL Kids! Have fun building endurance, strength & self confidence. Make new friends, Boxing gloves are recommended.

Simple Stretch n Strength— Beginner ready! Learn simple and basic stretch movements.

SilverSneakers® I – Muscular Strength & Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities of daily living. Hand weights, tubing, and ball are offered for resistance. Chair is used for seated and/or standing support.

Silver Sneakers Yoga Stretch- A yoga class designed to use the chair (standing or sitting) to modify or regular yoga poses. Great to increase flexibility, strength and balance.

Step— Still one of the most popular and effective class around to build cardiovascular endurance and burn fat.

Step Fusion— From beginner to intermediate, a class that combines step and weights, a great way to get the heart pumping and burn calories.

Step Interval - Traditional step done in interval time segments with weights in between. Excellent fat burner!!!

Step X - a 30 minute step class to get your heart going

Sweat n Stretch— 30minutes of cardio, strength, combined with 10 minutes of core and 15 minutes.

Taeabolates— A Combo of High Cardio Tae Bo & Muscle Sculpting Pilates.

Tred n Shed X— Get out of the boring treadmill routine! Great cardio workout with intervals that push your limits in speed and endurance. (Please get your number from the fitness desk to reserve your treadmill)

Tight N Tone - involves use of weights and resistance bands to tone and strengthen muscles.

Triple Fit— Spin, Cardio and Abs!!!

Triple Threat - A unique 20 min combos of sculpting and cardio. Ending with ABBX!!

Teen Cardio Orientation— Cardio Orientation designed to teach teens the proper use of cardiovascular equipment.

XTreme Pump— Come PUMP IT UP in this class using a variety of resistance equipment (bands and bars) for an overall XTREME strength and toning workout.

XTreme Step X— See Xtreme Pump!

XTreme Step - fast paced, high intensity step class with advanced combos for the advanced stepper

Pilates/Yoga Fusion— class includes the basics of yoga postures, relaxation & breathing techniques while gaining core strength.

Wild Card Wednesday— Cardio fun! Come do a different workout every Wednesday. See front of schedule for details!

ZUMBA® - urban fusion dance class with Latin dance moves with a steady – sweaty pace.. Fun for all!!

Zumba Toning— The original dance class taken to the next level, innovative muscle training. This challenging workout helps in building coordination and muscle endurance.

Zumbatomic—An Exhilarating workout designed specifically for kids minds, and bodies! Fun music! Fun Dances! Fun Time! Ages 4-12