

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		J-Theory HIIT FC Ron 30min.	J-Theory HIIT FC Ron 30min.	J-Theory HIIT FC Ron 30min.			
8:00 AM							
8:00 AM	Functional Fit MBS Robin 55min.	Barre Above™ DS Romo 55min.	Functional Fit MBS Robin 55min.	Barre DS Roberta 55min.	Functional Fit MBS Romo 55min.		
8:15 AM	Body Pump™Express Cindy CS 30min.		Body Pump™Express Cindy CS 30min.				
9:00 AM	AquaFit P Kim 55min.	AquaFit P Carol 55min.	AquaFit P Angela 55min.	AquaFit P Angela 55min.	AquaFit P Kim/Carol 55min.		
9:00 AM	Body Pump™ CS Cindy 60min.	Step It Up CS Angela 55min.	Body Pump™ CS Cindy 60min.		Body Pump™ CS Cindy 60min.		
9:00 AM	Cycle MBS Laura 55min.	Muscles in Motion Kim MBS 55min.	Cycle MBS Mandi 55min.	Muscle Fusion Kim MBS 55min.	Cycle MBS Mandi 55min.	9:00 AM <u>Cycle</u> MBS Sarah 55min.	9:00 AM <u>Cycle</u> MBS Sarah 55min.
9:00 AM		Pilates Plus DS Laura 55min.		Pilates Plus DS Laura 55min.			
10:00 AM	Pilates Mat MBS Anita 55min.	Total Body MBS Angela 55min.	Pilates Foam Roller Anita MBS 55min.	Total Body MBS Roberta 55min.	Pilates Mat MBS Anita 55min.	10:00 AM Zumba MBS Angela/Kelly 55min.	
10:05 AM	Core & Focus CS Laura 30min.	Stretch & Roll Kim DS 30min.	Core & Focus CS Mandi 30min.	Stretch & Roll Kim DS 30min.	Core & Focus CS Cindy 30min.	10:05 AM <u>Core & Focus</u> DS Sarah 30min.	10:05 AM <u>Core & Focus</u> DS Sarah 30min.
10:05 AM	Barre Blast DS Kirstin 55min.			Cardio Drumming Angela CS 55min.			
11:15 AM	Pilates Mat CS Laura 55min.		Pilates Mat CS Donna 55min.		Human Reformer Donna CS 55min.	11:15 AM <u>Pilates Mat</u> DS Sarah 55min.	11:15 AM <u>Pilates Mat</u> DS Sarah 55min.
11:15 AM	Yoga Flow DS Anita 55min.	Yoga Flow DS Kathy 55min.	Hatha Yoga MBS Roberta 55min.	Yoga Flow DS Kathy 55min.	Yoga Focus DS Anita 55min.		
11:15 AM		Fit 4 Life AD/LB 45min.	Fit 4 Life AD/LB 45min.	Fit 4 Life AD/LB 45min.			
4:15 PM				Barre Blast DS Kirstin 45 min.			
5:30 PM	Barre HIIT DS Mandi 30min.	HIIT Express CS Cindy 30min.		SH1FT (HIIT) CS Donna 30min.			
6:05 PM	Total Body MBS Mandi 30min.	Body Pump™ CS Cindy 60min.	Barre DS Roberta 55min.	Pumped up CS Donna 30min.			
6:05 PM				Fit Fusion DS Mandi 55 min.			
6:35 PM	Core & Focus MBS Mandi 30min.						

NEW Classes

Beginning Nov. 8

Cycle w/ Sarah

Saturdays and Sundays at 9:00am

Core & Focus (30-Min. class)

w/ Sarah

Saturdays & Sundays at 10:05am

Pilates Mat w/Sarah

Saturdays & Sundays at 11:15am

Beginning Dec. 4

Pumped Up Strength Express
(30-Min) w/ Donna

Thursdays at 6:05pm

P
Pool

FC
Fitness Center

MBS
Mind Body Studio

CS
Conditioning Studio

AD
Auditorium

LB
Library

DS
Dance Studio

Cycle - We're bringing road-riding indoors with this 55-minute cycle class. You will be riding over hills and racing on flats with this class designed to make you sweat. This class is intended for all fitness levels.

Core & Focus is a class for participants looking for a quick, efficient 30-minute workout. Always emphasizing building a solid core through various abdominal exercises and functional movements, while also focusing on other muscle groups such as lower body or upper body.

Pilates Mat focuses on both the classic exercises and contemporary approaches to the movement of the late Joseph Pilates. Emphasis is on developing flexibility, strength, coordination and balance by using the body's own weight, range of movement, and attention to alignment, on the exercise mat, in a variety of positions. All levels are welcome to the class as we find ways to apply the Pilates principles of breath awareness, connection of mind and body, and working from the body's core with control and conviction.

Pumped Up Strength Express (30-minute) combines strength training with high-energy music, using progressive layering to target muscles and fascia and make strength training fun!"