GROUP FITNESS CLASS SCHEDULE

MONDAY

7:45 - 8:15 AM	CYCLE (30)^	STUDIO 3	MELISSA
8 - 9 AM	POWER STEP	STUDIO 2	JEN K.
9:15 - 10:15 AM	BODYPUMP	STUDIO 2	KELLY
11:15 AM - 12:15 PM	CHAIR YOGA^	STUDIO 2	CHRIS
12 - 1 PM	ZUMBA GOLD	AUDITORIUM	RENEE
2 - 3 PM	MOMENTUM*	STUDIO 2	CHRIS
4:25 - 5:10 PM	BODYCOMBAT	STUDIO 2	SUSAN
5:15 - 6:15 PM	TUNE-UP	STUDIO 2	HEATHER
5:30 - 6:15 PM	CYCLE (45)	STUDIO 3	LISA
6:30 - 7:30 PM	BODYPUMP	STUDIO 2	JUSTINE

TUESDAY

5:30 - 6:15 AM	CYCLE (45)	STUDIO 3	HEATHER
5:30 - 6:15 AM	BODYPUMP	STUDIO 2	MICHAELE
8 - 8:45 AM	FIERCE (45)	STUDIO 2	CINDY
9:15 - 10:15 AM	KELLY'S KARDIO	STUDIO 2	KELLY
11 AM - 12 PM	MOMENTUM*	STUDIO 1	CRAIG
11:15 AM - 12:15 PM	HEALTHY4LIFE^	STUDIO 2	CHRIS
1 - 2 PM	GENTLE YOGA	STUDIO 2	CRAIG
4:30 - 5:30 PM	BARRE	STUDIO 2	MELISSA
5 - 5:45 PM	WORK-IT CIRCUIT	STUDIO 3	HEATHER
5:30 - 6:30 PM	HATHA FLOW	STUDIO 2	EMILY
6:35 - 7:20 PM	STRENGTH DEVELOPMENT	STUDIO 2	CATIE

WEDNESDAY

5:30 - 6:15 AM	STRENGTH DEV.	STUDIO 2	LISA
6 - 7 AM	YOGA	STUDIO 1	KAREN
7:45 - 8:15 AM	CYCLE (30)^	STUDIO 3	STEVE
8:30 - 9 AM	HIIT WITH JEN	STUDIO 3	JEN K
9:15 - 10:15 AM	BODYPUMP	STUDIO 2	KELLY
10:20 - 10:50 AM	CORE EXPRESS	STUDIO 2	KELLY
11 AM - 12 PM	PILATES FUSION	STUDIO 2	SALLY
11:15 AM - 12:15 PM	TAI CHI	AUDITORIUM	DUSTIN
12 - 1 PM	FOREVER YOUNGER	STUDIO 2	RENEE
12 - 1 PM	SILVER SNEAKERS	STUDIO 1	CHRIS
2 - 3 PM	MOMENTUM*	STUDIO 2	HEATHER
5:15 - 6:15 PM	TUNE UP	STUDIO 2	HEATHER
6:30 - 7:30 PM	BODYPUMP	STUDIO 2	CHANNING

THURSDAY

5:30 - 6:15 AM	CYCLE (45)	STUDIO 3	HEATHER
5:30 - 6:15 AM	BODYPUMP	STUDIO 2	ROTATION
7:45 - 8:30 AM	CYCLE (45)	STUDIO 3	STEVE
8 - 8:45 AM	FIERCE (45)	STUDIO 2	CINDY
9:15 - 10:15 AM	BODYCOMBAT	STUDIO 2	SUSAN
11 AM - 12 PM	MOMENTUM*	STUDIO 1	JUSTIN
11:15 AM - 12:15 PM	HEALTHY4LIFE^	STUDIO 2	CHRIS
1 - 2 PM	GENTLE YOGA	STUDIO 2	LINDSAY
4:30 - 5:30 PM	BARRE	STUDIO 2	MELISSA
5:30 - 6:30 PM	HATHA FLOW	STUDIO 2	EMILY
6:35 - 7:35 PM	BODYCOMBAT	STUDIO 2	CLAUDIA

FRIDAY

6 - 6:30 AM	CYCLE (30)	STUDIO 3	LISA SANDS
7:45 - 8:15 AM	CYCLE(30)^	STUDIO 3	ROTATION
8 - 8:45 AM	STRENGTH DEV.	STUDIO 2	SUSAN/JEN
9:15 - 10:15 AM	BODYPUMP	STUDIO 2	KELLI K.
9:30 - 10:30 AM	YOGA	AUDITORIUM	LINDSAY
11:15 AM - 12:15 PM	CHAIR YOGA^	STUDIO 2	CHRIS
12 - 1 PM	ZUMBA GOLD	AUDITORIUM	RENEE
2 - 3 PM	MOMENTUM*	STUDIO 2	RENEE
5:15 - 6:15 PM	FRIDAY NIGHT FIGHTS	STUDIO 2	HEATHER

SATURDAY

8 - 9 AM	BODYPUMP	STUDIO 2	CLAUDIA
9 - 10 AM	POWER YOGA	STUDIO 1	ROTATION
9:15 - 10:15 AM	HI/LO CIRCUIT	STUDIO 2	HEATHER
10:30 - 11:15 AM	STRENGTH DEV.	STUDIO 2	ROTATION

SUNDAY

8 - 8:45 AM	BODYPUMP	STUDIO 2	MICHELLE
9 - 10 AM	YOGA	STUDIO 1	ROTATION
9 - 10 AM	BODYCOMBAT	STUDIO 2	MICHELLE
10:15 - 11:15 AM	BARRE	STUDIO 2	LISA
1:30 - 2:30 PM	**PILATES FUSION**	**STUDIO 2**	**SALLY**

Updated 11.4.26

Bolded - New class, new time, new location, or new instructor

^ - Pre-registration required, no fee.

* - Fitness for individuals with Parkinson's or other neurocognitive conditions, requires pre-registration and pre-participation assessment

GROUP FITNESS CLASS DESCRIPTIONS

BARRE: An intense, calorie-burning, muscle-sculpting workout designed to trim, tighten, and tone your entire body using small, controlled movements and high repetition. Elements of Pilates, dance, yoga, and strength combine to create a strong and lean physique.

BODYCOMBAT BY LES MILLS®: A high-energy martial arts inspired, endurance-focused workout that is totally non-contact. Punch and kick your way to fitness, and unleash the strength you never knew you had! All levels welcome.

BODYPUMP BY LES MILLS®: A barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls.

CHAIR YOGA: A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. This gentle, peaceful class is for anyone in need of a good stretch with some added support.

CORE EXPRESS: A fun mix of yoga and Pilates which will improve your core strength and flexibility.

CYCLE (30 OR 45): A 30 or 45 minute non-impact, dynamic class, offering motivation, driving music, changing speeds and inclines for a full course workout.

FIERCE 45: A combination of heart-pumping strength and lots of variety all set to fun and fierce music. This class is suitable for all abilities.

FOREVER YOUNGER: This low-impact aerobic conditioning class combines muscle strengthening/toning, some elements of dance, core balance training, and finishes with a cool-down and stretching exercises. Designed for active adults and anyone wanting to move to the beat and stay forever young!

FRIDAY NIGHT FIGHTS: This is your time to train like a fighter using contact sparring for cardio and interval training. Join in the fight!

GENTLE YOGA: A yoga class designed for aging adults or anyone looking for an easy-to-follow yoga class. We will guide you through a series of yoga poses that will strengthen your balance, core, and flexibility.

HATHA FLOW: A blend of Hatha and Vinyasa yoga: moments of stillness combined with flowing movements connected to the breath. Participants will create heat, increase flexibility, lengthen, strengthen, and release tension.

HEALTHY 4 LIFE: Ready to get fit or maintain your fitness for all ages in life? This low-impact class is suitable for all fitness levels and will provide a well-balanced variety of cardio, strength and balance-building exercises. Participants may use a chair or stand in class.

HIIT (HIGH-INTENSITY INTERVAL TRAINING): A fast-paced workout that alternates short bursts of intense exercise with brief recovery periods. Designed to boost heart rate, burn calories, and build strength - maximizing results in minimal time.

HI/LO CIRCUIT: Consists of multiple stations using a variety of equipment where you alternate with high and low intensity aerobic, tabata and HIIT intervals that make you sweat!

KELLY'S KARDIO: A high-energy cardio workout designed to build strength, stamina, and agility. This dynamic interval class combines athletic cardio movements like running, lunging, and jumping with strength and stabilization exercises such as squats, push-ups, and core work. Modifications are provided for all fitness levels, from beginners to seasoned athletes.

LES MILLS® STRENGTH DEVELOPMENT: A 45-minute progressive lifting program designed to build muscle, improve lifting technique, and increase strength. It focuses on slower, controlled, functional movements (often with music not tied to the beat) to maximize hypertrophy and strength, typically using dumbbells and barbells.

MOMENTUM: A science-based movement class for those with neuro-cognitive conditions, including Parkinson's, Alzheimer's, Huntington's, Multiple Sclerosis, stroke, brain trauma, and more. Register at the Front Desk to schedule an intake assessment with one of our Momentum specialists. Group classes run daily Mondays through Fridays. Small group trainings are also offered for specialized fine motor or speed and agility skills. **Pre-registration and intake assessment required for this class.*

PILATES FUSION: Pilates Fusion improves balance, muscle tone, flexibility, core strength, and mind/body wellness by including mat Pilates techniques (spinal alignment, flexibility, core strength), with Yoga Asana principles (postures, poses, breathing), and myofascial conditioning (using a foam roller).

POWER STEP: Designed to push your cardio edge into high gear and work your legs in every plane of motion on the floor and on the step.

POWER YOGA: Want options for a more powerful yoga practice? Power Yoga offers greater focus on strength development and intensity.

SILVER SNEAKERS®: This is your time to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity. A chair is used for seated and/or standing support.

T'AI CHI: Activating one's health and vitality through the practice of slow, gentle, upright movements which incorporate relaxation and mindfulness. These practices benefit balance, strength, agility, relaxation, coordination, flexibility, and enhance the mind-body connection and promote brain health.

TUNE UP: A combination class of high/low aerobic and dance moves, plus total body strength training.

WORK-IT CIRCUIT: Consists of multiple stations using a variety of equipment that will make you sweat!

YOGA: Improve your health, relaxation, and happiness with breathing techniques, exercise, and meditation with this yoga class designed for everyone!

ZUMBA GOLD®: Zumba Gold is for active, aging adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Focus on balance, range of motion, and coordination.