

FALL- WINTER 2014 GROUP EXERCISE SCHEDULE October 20-December 21

Monday			Tuesday			Wednesday			Thursday			Friday		
Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room
5:30-6:00 BodyShred Amy R			5:30-6:30 Step Challenge		5:10-5:55 Cycle Stephanie	5:30-6:30 BodyPump Cheryl/Bridget	6:00-7:00 Insanity		5:30-6:30 BodyCombat	6:15-6:45 KettleworX-Cardio	5:10-5:55 Cycle Stephanie	5:30-6:30 CSI		
6:00-6:30 CXWORX Amy R			Cheryl/Megan		6:00-6:50 Cycle MaryPat				Amy R		6:00-6:50 Cycle MaryPat	Megan		
8:00-9:00 BodyPump Shelbie			7:45-8:30 BodyShred/Stretch Julie K		8:30-9:20 Cycle Kathy	8:00-9:00 CSI Julie K			7:45-8:30 PiYo Julie K		8:30-9:20 Cycle Kathy	8:00-9:00 20/20/20 Ron		8:30-9:00 Sit & Get Fit Linda
9:05-9:35 BodyShred Barb/Tricia	8:30-9:30 HIITraining Circuit	9:00-9:30 Stretch Steph S	8:35-9:35 BodyStep Antonette			9:05-9:35 CXWORX Shelbie	8:45-9:15 KettleworX-Resistance	9:00-9:30 Stretch Jennifer	8:35-9:35 BodyPump Shelbie			9:05-9:35 CXWORX Antonette		9:00-9:30 Stretch Linda
9:40-10:40 BodyCombat Neda	9:30-10:30 Insanity	9:45-10:45 Hatha Yoga Renee	9:40-10:40 BodyPump Antonette	9:15-9:45 KettleworX-Cardio	9:30-10:30 Mom & Baby Bootcamp Kelly	9:40-10:40 BodyStep Stephanie S	9:30-10:30 HIITraining Circuit	9:45-10:45 Hatha Yoga Jennifer	9:40-10:40 Zumba Lisa		9:30-10:30 Mom & Baby Bootcamp Kelly	9:40-10:10 BodyCombat Antonette	9:30-10:30 Insanity	10:00-11:00 YogAlignment Linda
10:45-11:45 Forever Fit Nancy			10:45-11:45 PiYo Tonya			10:45-11:45 Lean 'n Mean Linda			10:45-11:15 BodyShred Esther/Tricia			10:45-11:45 Forever Fit Stephanie S	10:30-11:00 KettleworX-Core	
12:00-12:30 BodyShred Kathy	12-12:30 KettleworX-Resistance	11:30-12:30 Zumba Gold Esther	12:00-1:00 BodyCombat Esther	12-12:30 Insanity Express	12:30-1:30 Tai Chi	12:00-1:00 BodyPump Esther	12-12:30 KettleworX-Cardio		12:30-1:30 Zumba Toning Lucy	12-12:30 Insanity Express	12:30-1:30 Tai Chi	12:00-12:30 BodyShred Neda	12-12:30 KettleworX-Resistance	
12:30-1:30 Zumba Lucy												12:30-1:00 CXWORX Neda		
4:30-5:30 Zumba Step Julie W		4:00-5:00 Zumba Kids (ages 8-11) Silvia	4:30-5:30 Zumba Toning Lucy		4:00-5:30 Little Dragons	4:30-5:00 BodyShred Julie W 5:00-5:30 CXWorX Julie W		4:00-5:00 Zumba Kids (ages 4-7) Silvia	4:30-5:30 BodyPump Shelbie		4:00-5:30 Little Dragons	4:30-5:30 Zumba Lucy		4:30-5:30 Zumba Kids (ages 5-8) Silvia
5:30-6:30 BodyCombat Amy L	5:30-6:30 Insanity	5:30-7:30 Karate ETSD	5:30-6:00 BodyStep Express Julie W	5:30-6:00 KettleworX-Resistance	5:30-7:30 Karate ETSD	5:30-6:30 Zumba Lucy		5:30-8:30 Karate ETSD	5:30-6:30 BodyCombat Neda	5:30-6:00 KettleworX-Cardio	5:30-7:30 Karate ETSD	5:30-6 BodyShred Antonette		
6:30-7:00 BodyShred Neda	6:30-7:30 HIITraining Circuit		6:00-6:30 CXWORX Julie W	6:30-7:30 Insanity		6:30-7:30 BodyCombat Amy L	6:30-7 KettleworX-Resistance		6:30-7:00 BodyShred Tonya	6:00-7:00 Insanity		6-6:30 CXWORX Antonette		
7:00-8:00 BodyPump Sue	7:30-8:00 KettleworX-Core		6:30-7:30 BodyPump Sue			7:30-8:00 BodyShred Neda	7:00-8:00 Insanity		7:00-8:00 PiYo Jennifer	7:00-7:30 KettleworX-Core	7:30-8:30 Yoga Jordan			7:30-8:30 Karate ETSD

WEEKEND GROUP EXERCISE SCHEDULE

Saturday			Sunday		
Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room
6:30-7:30 Step Challenge Megan		8:00-9:00 Cycle Fit Jordan/Michelle	8:00-8:30 BodyShred Antonette		
7:30-8:30 BodyPump Cheryl/Bridget	8:30-9:00 KettleworX-Resistance		8:30-9:30 BodyCombat Antonette		
8:30-9:00 BodyShred Julie W/Neda	9:00-10:00 Insanity	9:30-10:30 PiYo Tonya	9:30-10:30 BodyStep Julie W	9-9:30 KettleworX-Cardio	9:45-10:45 Zumba Kids (ages 5-8)
9:00-9:30 CXWORX Julie W/Neda	10:00-10:30 KettleworX-Cardio		10:30-11:30 BodyPump Shelbie		Silvia
9:30-10:30 BodyCombat Amy L/Antonette					
10:30-11:30 BodyPump Sue/Antonette			11:30-12:30 Zumba Silvia		
11:30 Member Success Program (see group ex board for classes offered)	10:30-11:00 KettleworX-Core				

****Shaded classes require additional fee and registration. Cycle classes require sign-up. No outdoor shoes in studios.**

- **20/20/20:** A great cross training combination of 20 minutes of step, 20 minutes of hi-lo aerobics and 20 minutes of strength. 15/15/15 is the 45 minute version of this class.
- **BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick, and kata your way through calories to superior cardio fitness.
- **BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight will inspire you to get the results you came for and fast!
- **JILLIAN MICHAELS BODYSHRED™** is a 30-minute high intensity fun and effective, interval/circuit workout divided into sections of 3 minutes of strength moves, 2 minutes of cardio and 1 minute of core. You will shed fat, define muscle, rev up your metabolism, transform your physique and dramatically enhance your health and athletic performance.
- **BODYSTEP™** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body
- **CSI:** Cardio Strength Interval. Alternating segments of cardiovascular and strength training, this class will utilize a variety of equipment to give you a total body workout.
- **CXWORX™** is a revolutionary 30 minute core training class based on cutting-edge scientific research. This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and “slings” connecting the upper and lower body, this workout will leave you looking good and feeling strong.
- **Cycle:** 45 - 60min cycling class.
- **Forever Fit:** A lighter, low impact class designed for those just beginning an exercise program. Resistance training follows the cardio portion of class. **Interval:** intervals of cardio and resistance training.
- **Lean-N-Mean:** A combination strength training and flexibility training to create long, lean muscles
- **PiYo:** A fusion style flexibility workout combining Pilates, Yoga, Dance and Strength in a flowing sequence.
- **Sit & Get Fit:** A combination of cardiovascular and strength training that can be done seated in a chair.
- **Step Challenge/Multi-Step:** A step class geared toward the intermediate and advanced participant. Combinations will be more complex. Instructors will have the option of using one or more steps.
- **Step Express:** 30-45 minute version of our Step Challenge class
- **Stretch:** A class of flexibility exercises for the entire body. All fitness levels are welcome.
- **Zumba:** This class incorporates latin and international rhythms along with dance steps like salsa, merengue, cha cha, and samba in a class that is fun and easy to do.
- **Zumba Gold:** For the active older adult or individuals new to exercise. Combines high energy and motivating music with unique moves and combinations. Fun and easy to do.
- **Zumba Toning:** Zumba Toning raises the bar with a class combining targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-burning dance-fitness party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast!