

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:45 a.m.		BodyPump Becky		BodyPump Becky		8:45 a.m.	BodyPump Amy	
9:15 a.m.	T-N-T Robin	BodyPump Amy	Senior Strength Shane	3-2-1 Fit Meg	Senior Strength Shane	9:45 a.m.	CXWORX Amy	
10:15 a.m.			CXWORX Amy	BodyFlow Bonnie		10:15 a.m.	Dance Fitness	
12:05 p.m.	BodyAttack Laura	T-N-T Meg	BodyPump Laura	T-N-T Robin	BodyPump CXWORX	11:00 a.m.		BodyPump Amanda
4:30 p.m.	3-2-1 Fit Becky	BodyPump Christine	BodyStep Julie	BodyPump Lindsey	BodyCombat Christine	11:15 a.m.	Instructor's Choice	
5:30 p.m.	BodyPump Lindsey	Kick Butt Step Laura	BodyCombat Sheena	T-N-T Robin	BodyPump Sheena			
6:35 p.m.	BodyAttack Lindsey/Kelly	BodyPump Amanda	SH'BAM Kara	ZUMBA Kate				

Studio 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:05 a.m.		Cy-Yo Stephanie						
5:45 a.m.	Cy-Fit Caitlin		Cy-Fit Caitlin		Sprinterval Amy	8:00 a.m.	Spin Robin	
9:15 a.m.			Spin Amy		Sprinterval Becky	9:00 a.m.	RPM Mandi	
5:30 p.m.		Spin Sara				10:00 a.m.		Spin Kris
6:00 p.m.	Spin Kris		Spin Kris	RPM Mandi				

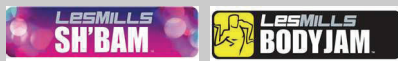
Studio 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
9:15 a.m.	Senior Strength Shane							
10:15 a.m.	Yoga Stephanie					9:00 a.m.	Pilates Emily	
5:30 p.m.		Pilates Emily	BodyFlow Julie	Yoga Samantha				

Meets at 5:45 pm

New class!

DANCE FITNESS!



Saturdays 10:15 am

May 5 BODYJAM
May 12 ZUMBA
May 19 SH'BAM
May 26 BODYJAM

Instructor's Choice
Saturdays 11:15 am

May 5 BODYATTACK
May 12 BODYCOMBAT
May 19 BODYCOMBAT
May 26 BODYATTACK

No classes on Memorial Day.
Monday, May 28th.
Gym hours: 8 am—noon

LAUNCHES

Saturday, May 5
Wednesday, May 9
See posters for details.

Child Care Hours
Monday - Friday 8:30 am - 1 pm
Monday - Friday 4 pm - 7:30 pm
Saturday 8 am - noon
Sunday Closed

Club Hours
Monday - Thursday 5 am - 10 pm
Friday 5 am - 9 pm
Saturday 7 am - 7 pm
Sunday 9 am - 5 pm

Class Descriptions

Les Mills® Classes

BODYPUMP - A rapid fat-burning, full-body class that uses barbells to give you the fastest way to tone and condition muscles!

BODYATTACK - A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness.

BODYCOMBAT - 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.

BODYFLOW - is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYSTEP - The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on the step you get huge motivation from great music and energy.

BODYJAM - An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat!

RPM - The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain of hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within!

SH'BAM - Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and so-cial way to exercise.

CXWORX - A short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body. In only 30 minutes you will tighten your tummy and butt, while also improving functional strength and assisting in injury prevention.

Cardiovascular Conditioning Classes

KICK BUTT STEP - A step workout with an interval twist. Challenge yourself to work outside of your comfort zone and achieve higher levels of fitness using powerful and athletic movements. So much fun you won't even realize how hard you just worked!

SPIN - Indoor cycling is a no impact, calorie incinerating workout! An aerobic exercise class complete with invigorating music. Spin is for every level of fitness, from beginner to experienced.

ZUMBA - A Latin-inspired, dance-fitness class designed for everyone that incorporates Latin and International music and dance movements. Ditch the workout, Join the Party!

Mind & Body Classes

PILATES - A series of controlled movements engaging your body and mind that takes place primarily on the mat. As the Pilates method is extremely adaptable, it is also great for individuals just beginning exercise programs or with somewhat limited mobility and flexibility.

YOGA - Discover the many ways in which yoga can improve your physical health, cultivate your emotional well-being and enrich your spiritual self.

PI-YO - A unique blend of Pilates, yoga, dance training, and sports conditioning that burns calories while transforming the body.

Specialty Classes

3-2-1 FIT - A total body conditioning class with the use of intervals and weight training to help spice up your workout. 3 minutes of intense cardio to peak the heart rate, 2 minutes of muscle toning using a variety of equipment, followed by 1 minute of absolute abs.

T-N-T - A blast of cardio and strength that changes every week. Use BOSUs, steps, balls, weights and the track to get results. A dynamite class!

CY-FIT - We'll hit the bike hard for 30 minutes, followed by 30 minutes of total body circuit strength training. A quick cool down & stretch leaves you refreshed and ready to take on the day!

SENIOR STRENGTH - This fun, low-impact, full body workout is geared at improving cardiovascular fitness, total body strength, balance, and flexibility for the active older adult.

ZUMBA GOLD - This Latin-inspired dance fitness class is designed for the active older adult who wants to join the fitness party for the first time.

SPRINTERVAL - Cardio intervals on the spin bike intermixed with a muscle conditioning circuit. A fun, intense way to get most out of your workout.