

| MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. |
|---|--|---|---|---|--|---|
| BOOT CAMP Aaran 6:00 am 60 Min Lvl 3 | BOOT CAMP Ken 6:00 am 60 Min Lvl ML | EARLY AM CHALLENGE Kristen 6:00 am 60 Min Lvl ML | BOOT CAMP D'Lynne 6:00 am 60 Min Lvl 3 | BOOT CAMP Aaron 6:00 am 60 Min Lvl ML | TRIPLE FIT Kelly 7:45 am 75 Min Lvl 3 | STEP IT UP Natalie 9:00 am 45 Min Lvl ML |
| INTERVAL CONDITIONING Donna 6:00 am 60 Min Lvl ML | FORMULA ONE CYCLE Dave K 6:15 am 60 Min Lvl 3 | OSTEO-IMPACT Steve 6:15 am 45 Min Lvl ML | FORMULA ONE CYCLE Dave K 6:15 am 60 Min Lvl 3 | STEP REEBOK Kristen / Paulette 6:00 am 60 Min Lvl ML | VELOCITY CYCLE Dave K 8:00 am 90 Min Lvl 3 | SHAPE UP! Natalie 9:45 am 45 Min Lvl ML |
| CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML | EVOLUTION CYCLE David K 7:15 am 60 Min Lvl 1 | OSTEO-IMPACT Steve 7:00 am 60 Min Lvl ML | CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML | CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML | XXX D'Lynne 9:00 am 75 Min Lvl 3 | JUMP & JAM Laurie 12:00 pm 90 Min Lvl ML |
| CYCLE FUSION Michael 9:00 am 60 Min Lvl ML | CORE & MORE Gayle 8:00 am 60 Min Lvl ML | CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML | BODY BLAST Natalie 9:00 am 60 Min Lvl ML | CYCLE FUSION Dave K 9:00 am 60 Min Lvl ML | ADVANCED DANCE ENHANCED David N. 10:15 am 75 Min Lvl 3 | FAMILY FIT and FIT KIDS Laurie 1:30 pm 60 Min |
| BODY BLAST Kelly 9:00 am 60 Min Lvl ML | BODY BLAST Gayle 9:00 am 60 Min Lvl ML | BODY BLAST Kelly 9:00 am 60 Min Lvl ML | ADVANCED BELLY DANCING Azin 10:00 am 60 Min Lvl ML | BODY BLAST Kelly 9:00 am 60 Min Lvl ML | | |
| XXX D'Lynne 10:00 am 60 Min Lvl 3 | MUSCLE MADNESS Brian 10:00 am 60 Min Lvl 1 | CYCLE FUSION Dave K. 9:00 am 60 Min Lvl ML | ADVANCED DANCE ENHANCED David N. 11:00 am 60 Min Lvl ML | XXX D'Lynne 10:00 am 60 Min Lvl 3 | | |
| MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML | DANCE ENHANCED David N. 11:00 am 60 Min Lvl ML | XXX D'Lynne 10:00 am 60 Min Lvl 3 | BODY BLAST Kelly 4:00 pm 60 Min Lvl 3 | MUSCLE HUSTLE Paulette 11:00 am 60 Min Lvl 1 | | |
| YOUTH MARTIAL ARTS 3:30 pm 60 Min Lvl ML | CORE FIT Steve 12:00 pm 30 Min Lvl ML | MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML | TOTAL TONE Brian 5:30 pm 60 Min Lvl 1 | CIRCUIT FITNESS Ken 5:30 pm 60 Min /Fitness | | |
| BELLY DANCING Azin 5:30 pm 60 Min Lvl ML | BODY BLAST D'Lynne 4:00 pm 60 Min Lvl ML | SOFT CORE Deb 12:00 pm R 30 Min Lvl ML | VELOCITY CYCLE Dave K 6:00 pm 60 Min Lvl 2 | BELLY DANCING Azin 6:30 pm 60 Min Lvl ML | | |
| VELOCITY CYCLE Dave K. 6:00 pm 60 Min Lvl 3 | VELOCITY CYCLE Dave K. 5:30 pm 60 Min Lvl 3 | YOUTH MARTIAL ARTS 3:30 pm 90 Min Lvl ML | BODY BLAST Kelly 6:30 pm 60 Min Lvl ML | | | |
| BODY BLAST D'Lynne 6:30 pm 60 Min Lvl ML | CARDIO JAM Donna 5:30 pm 60 Min Lvl ML | JUMP & JAM Laurie 5:30 pm 60 Min Lvl ML | | | | |
| | TOTAL TONE Brian 6:30 pm 60 Min Lvl 1 | CYCLE FUSION Dave K. 6:00 pm 60 Min Lvl 1 | | | | |
| | BODY BLAST Ellen 6:30 pm 60 Min Lvl ML | BODY BLAST Ellen 6:30 pm 60 Min Lvl ML | | | | |
| | BALLROOM DANCE David 7:30 pm 60 Min Lvl ML | BALLROOM DANCE David 7:30 pm 60 Min Lvl ML | | | | |
| | LATIN & SWING DANCE David 8:30 pm 60 Min Lvl ML | LATIN & SWING DANCE David 8:30 pm 60 Min Lvl ML | | | | |

GROUP EXERCISE CLASS CATEGORIES

CARDIO DANCE CLASSES

High intensity/multi-level impact classes incorporating traditional aerobic combinations with stylish movement and motivating music. Our popular cardio dance program is a fun and effective way to get fit.

Belly Dancing
Dance Enhanced
Jump & Jam
Cardio Interval
Cardio Jam

CORE CLASSES

Core stability stresses the importance of the body's center of power. The core is the foundation for all movement. Regular conditioning of the core muscles is vital for preventing injuries, correcting posture and ensuring more efficient functional movement patterns. The benefit of core training is to develop a functional fitness foundation, essential to both daily living and regular exercise.

Soft Core
Core Fit
Core & More
Core Stretch

CROSS-TRAINING CLASSES

Cross-training is the way to give yourself a full body workout. In cross-training, two or more types of exercise are performed in one workout. Cross-training offers great advantages: adds variety to your workouts to keep you interested and progressing; develops your entire body, rather than specific body parts or energy systems (aerobic vs anaerobic); distributes the load of training among various body parts, thus reducing the risk of injury; and maximizes your time. We have the most diverse and effective cross-training classes of any club in the area.

Interval Conditioning
Muscle Hustle
Body Blast
Triple Fit
Kardio Kick
Early Morning Challenge
Serve It Up
Power Hour
Osteo Impact
XXX-Xtreme Xercise Xperience
Boot Camp

SCULPTING/WEIGHT TRAINING CLASSES

Resistance is not futile! The most effective way to change your body composition is through weight training. It is effective because it builds muscle and muscle is the key to changing your body shape. Weight training stimulates your metabolism and the caloric burning effect lasts long after your weight training class. It also strengthens joints and aids in increasing bone density.

Total Tone
Shape Up
Muscle Sculpt
Muscle Madness
Chisel
Circuit Fitness

POWER 1/2 HOUR SERIES

The Power 1/2 Hour series was designed especially for those with limited time OR those who want a little extra tacked on to their workout. The series is diversified to accommodate all exercise preferences. Many of the selected formats are short versions of our most popular classes.

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|------------------------|---------------------|
| Essential ABC's | Pilates |
| Yoga ABC's | Awesome Abs |
| Chisel | Circuit Fit |
| Body Blast | Soft Stretch |

INDOOR CYCLING CLASSES

Cycling is a great low impact, full body workout to include in your exercise regimine. It is virtually impact free, requires no specialized moves, and is not difficult to get into — just get on a bike! We have a variety of indoor cycling classes to suit every level.

Evolution
Velocity
Formula One
Fusion

STEP CLASSES

Step is a low impact, with a moderate to high intensity level, cardio class designed to develop cardiovascular and muscle endurance. Multiple combinations are performed on an adjustable platform and can range from basic to challenging. Add high energy music, directional changes, and arm choreography and you have a terrific workout!

Step It Up
Step Reebok
Basic Step