

<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THURS.</b>	<b>FRI.</b>	<b>SAT.</b>	<b>SUN.</b>
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 Ken 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	DANCE ENHANCED David N. 11:00 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	BODY BLAST Kelly 4:00 pm 60 Min Lvl 3	XXX D'Lynne 10:00 am 60 Min Lvl 3	MUSCLE HUSTLE See Board For Instructor 11:00 am 60 Min Lvl 1	
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	YOUTH CONDITIONING 4:00 pm 60 Min Ages 8-13	YOUTH CONDITIONING 4:00 pm 60 Min Ages 8-13		
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	TOTAL TONE Brian 5:30 pm 60 Min Lvl 1	CROSS TRAIN CHALLENGE Ken 5:30 pm 60 Min /Fitness	
YOUTH CONDITIONING 4:00 pm 60 Min Ages 8-13	BODY BLAST D'Lynne 4:00 pm 60 Min Lvl ML	YOUTH MARTIAL ARTS 3:30 pm 90 Min Lvl ML	VELOCITY CYCLE Dave K 6:00 pm 60 Min Lvl 2	VELOCITY CYCLE Dave K 6:00 pm 60 Min Lvl 2	MEGA DANCE Tav 6:30 pm 60 Min Lvl ML	
BELLY DANCING 5:30 pm 60 Min Lvl ML	YOUTH CONDITIONING 4:00 pm 60 Min Ages 8-13	YOUTH CONDITIONING 4:00 pm 60 Min Ages 8-13	BODY BLAST Deb 6:30 pm 60 Min Lvl ML	BODY BLAST Deb 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	CROSS TRAIN CHALLENGE Ken 5:30 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	CYCLE FUSION Dave K. 6:00 pm 60 Min Lvl 1				
	TOTAL TONE Brian 6:30 pm 60 Min Lvl 1	BODY BLAST Ellen 6:30 pm 60 Min Lvl ML				
		DANCE LESSONS David 7:30-9:45 pm Additional Fee				

# 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.

**Essential ABC's**  
**Yoga ABC's**  
**Chisel**  
**Body Blast**

**Pilates**  
**Awesome Abs**  
**Circuit Fit**  
**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**