

| <b>MON.</b>   | <b>TUES.</b>  | <b>WED.</b>   | <b>THURS.</b>  | <b>FRI.</b>   | <b>SAT.</b>   | <b>SUN.</b>  |
|---|---|---|--|---|---|--|
| BOOT CAMP<br>Aaron<br>6:00 am<br>60 Min Lvl 3                 | BOOT CAMP<br>Steve<br>6:00 am<br>45 Min Lvl 3                 | EARLY AM CHALLENGE<br>Kristen<br>6:00 am<br>60 Min Lvl ML     | BOOT CAMP<br>Ken<br>6:00 am<br>60 Min Lvl 3                  | BOOT CAMP<br>Aaron<br>6:00 am<br>60 Min Lvl 3                   | TRIPLE FIT<br>Kelly<br>8:00 am<br>75 Min Lvl 3      | CROSS TRAIN<br>CHALLENGE<br>Ken<br>9 - 10:15 am<br>75 Min Lvl ML |
| INTERVAL<br>CONDITIONING<br>Donna<br>6:00 am<br>60 Min Lvl ML | FORMULA ONE CYCLE<br>Dave K<br>6:15 am<br>60 Min Lvl 3        | OSTEO-IMPACT<br>Ken<br>6:15 am<br>45 Min Lvl ML               | FORMULA ONE CYCLE<br>Dave K<br>6:15 am<br>60 Min Lvl 3       | STEP REEBOK<br>Kristen<br>6:00 am<br>60 Min Lvl ML              | VELOCITY CYCLE<br>Dave K<br>8:00 am<br>90 Min Lvl 3 | JUMP & JAM<br>Laurie<br>12:00 pm<br>90 Min Lvl ML                |
| CARDIO INTERVAL<br>Donna<br>8:00 am<br>60 Min Lvl ML          | EVOLUTION CYCLE<br>David K<br>7:15 am<br>60 Min Lvl 1         | CARDIO INTERVAL<br>Paulette<br>8:00 am<br>60 Min Lvl ML       | CORE & MORE<br>D'Lynne<br>9:00 am<br>60 Min Lvl ML           | CARDIO INTERVAL<br>Donna<br>8:00 am<br>60 Min Lvl ML            | CARDIO DANCE<br>Donna<br>9:30 am<br>60 Min Lvl 2    | FIT FOR KIDS<br>Laurie<br>1:30 pm<br>60 Min Lvl ML               |
| CYCLE FUSION<br>Michael<br>9:00 am<br>60 Min Lvl ML           | CORE & MORE<br>Gayle<br>8:00 am<br>60 Min Lvl ML              | BODY BLAST<br>Kelly<br>9:00 am<br>60 Min Lvl ML               | BODY BLAST<br>Mike<br>10:00 am<br>60 Min Lvl ML              | CYCLE FUSION<br>Dave K<br>9:00 am<br>60 Min Lvl ML              |   |  |
| BODY BLAST<br>Kelly<br>9:00 am<br>60 Min Lvl ML               | BODY BLAST<br>Gayle<br>9:00 am<br>60 Min Lvl ML               | CYCLE FUSION<br>Dave K<br>9:00 am<br>60 Min Lvl ML            | BODY BLAST<br>Kelly<br>4:00 pm<br>60 Min Lvl 3               | BODY BLAST<br>Kelly<br>9:00 am<br>60 Min Lvl ML                 |   |  |
| XXX<br>D'Lynne<br>10:00 am<br>60 Min Lvl 3                    | CYCLE FUSION<br>Kathy<br>9:00 am<br>60 Min Lvl ML             | XXX<br>D'Lynne<br>10:00 am<br>60 Min Lvl 3                    | YOUTH<br>CONDITIONING<br>Rich<br>4:00 pm<br>60 Min Ages 8-13 | XXX<br>D'Lynne<br>10:00 am<br>60 Min Lvl 3                      |   |  |
| MUSCLE HUSTLE<br>Michael<br>11:00 am<br>60 Min Lvl ML         | TOTAL TONE<br>Steve<br>10:00 am<br>60 Min Lvl 1               | MUSCLE HUSTLE<br>Michael<br>11:00 am<br>60 Min Lvl ML         | CORE FIT INTERMEDIATE<br>Deb<br>5:30 pm<br>60 Min Lvl 1      | MUSCLE HUSTLE<br>Donna<br>11:00 am<br>60 Min Lvl 1              |   |  |
| YOUTH MARTIAL ARTS<br>3:30 pm<br>60 Min Lvl ML                | CORE FIT<br>Deb<br>12:00 pm<br>30 Min Lvl ML                  | CORE FIT INTERMEDIATE<br>Deb<br>12:30 pm<br>60 Min Lvl ML     | VELOCITY CYCLE<br>Dave K<br>6:00 pm<br>60 Min Lvl 2          | YOUTH<br>CONDITIONING<br>James<br>4:00 pm<br>60 Min Ages 8-13   |   |  |
| BELLY DANCING<br>Leslie<br>5:30 pm<br>60 Min Lvl ML           | TOTAL TONE<br>Deb<br>4:00 pm<br>60 Min Lvl ML                 | YOUTH MARTIAL ARTS<br>3:30 pm<br>90 Min Lvl ML                | TOTAL TONE<br>Deb<br>6:30 pm<br>60 Min Lvl ML                | CROSS TRAIN<br>CHALLENGE<br>Karim<br>5:30 pm<br>60 Min /Fitness |   |  |
| VELOCITY CYCLE<br>Dave K<br>6:00 pm<br>60 Min Lvl 3           | YOUTH<br>CONDITIONING<br>James<br>4:00 pm<br>60 Min Ages 8-13 | YOUTH<br>CONDITIONING<br>James<br>4:00 pm<br>60 Min Ages 8-13 |  | BELLY DANCING<br>Lorraine<br>6:00 pm<br>60 Min Lvl ML           |   |  |
| BODY BLAST<br>D'Lynne<br>6:30 pm<br>60 Min Lvl ML             | VELOCITY CYCLE<br>Dave K<br>5:30 pm<br>60 Min Lvl 3           | CROSS TRAIN<br>CHALLENGE<br>Steve<br>6-7 pm<br>60 Min Lvl ML  |  |   |   |  |
|   | CARDIO JAM<br>Donna<br>5:30 pm<br>60 Min Lvl ML               | CYCLE FUSION<br>Dave K<br>6:00 pm<br>60 Min Lvl 1             |  |   |   |  |
|   | CROSS TRAIN<br>CHALLENGE<br>Donna<br>6:30 pm<br>60 Min Lvl 1  |   |  |   |   |  |

# 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 Exercise 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.

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

## **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**