

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

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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 regimen. 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