

<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THURS.</b>	<b>FRI.</b>	<b>SAT.</b>	<b>SUN.</b>
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 Upper Deck 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	OSTEO-IMPACT Ken 6:15 am 45 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	CORE & MORE Gayle 8:00 am 60 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	BODY BLAST Gayle 9:00 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	XXX D'Lynne 10:00 am 60 Min Lvl 3	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	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	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	CORE FIT INTERMEDIATE Deb 12:30 pm 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 Deb 12:00 pm 30 Min Lvl ML	YOUTH MARTIAL ARTS 3:30 pm RB 90 Min Lvl ML	CORE FIT INTERMEDIATE Deb 5:30 pm 60 Min Lvl 1	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 CONDITIONING Rich 4:00 pm RB 60 Min Ages 8-13	VELOCITY CYCLE Dave K 6:00 pm 60 Min Lvl 2	CROSS TRAIN CHALLENGE Karim 5:30 pm 60 Min /Fitness		
VELOCITY CYCLE Dave K. 6:00 pm 60 Min Lvl 3	YOUTH CONDITIONING Rich 4:00 pm RB 60 Min Ages 8-13	CROSS TRAIN CHALLENGE Steve 6-7 pm 60 Min Lvl ML	TOTAL TONE Mike 6:30 pm 60 Min Lvl ML	BELLY DANCING 1st/3rd Friday - Kathleen 2nd/4th Friday - Lorraine 6:30 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	CYCLE FUSION Dave K. 6:00 pm 60 Min Lvl 1				
	CARDIO JAM Donna 5:30 pm 60 Min Lvl ML					
	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.

<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**