

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOT CAMP Aaron 6:00 am RB 60 Min Lvl 3 INTERVAL CONDITIONING Donna 6:00 am 60 Min Lvl ML CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML SERIOUS CYCLE Michael/Dave 9:00 am 60 Min Lvl ML KUKUWA DANCE Beth 9:00 am 60 Min Lvl ML ULTIMATE FITNESS Rebecca 10:00 am 60 Min Lvl 3 MUSCLE HUSTLE* Michael 11:00 am 60 Min Lvl ML FIT 4 KIDS 3:00 pm PR 60 Min YOUTH MARTIAL ARTS 3:30 pm RB 120 Min Lvl ML BELLY DANCING Annie 5:30 pm 60 Min Lvl ML HEART SPIN Danny 6:00 pm 60 Min Lvl 3 CROSS TRAIN CHALLENGE Steve 6:30 pm 60 Min Lvl ML	BOOT CAMP Ken 6:00 am Upper Deck 60 Min Lvl 3 SERIOUS CYCLE David K 6:15 am 60 Min Lvl 1 STRETCH* Paulette R. 7:00 am 60 Min Lvl ML CORE & MORE* Paulette R. 8:00 am 60 Min Lvl ML BODY BLAST Kelly 9:00 am 60 Min Lvl ML ULTIMATE FITNESS Garry 10:00 am 60 Min Lvl ML CORE FIT/STRETCH* Deb 11:30 am 60 Min Lvl ML BE FIT, BE WELL* NEW CLASS! Suzanne 1:30 pm 60 Min Lvl ML BODY BLAST Deb 4:00 pm 60 Min Lvl ML FIT 4 KIDS 4:00 pm PR 60 Min YOUTH CONDITIONING Rich 4:00 pm RB 60 Min Ages 8-13 SERIOUS CYCLE Dave K. 5:30 pm 60 Min Lvl 3 ULTIMATE FITNESS NEW CLASS! Sarah 5:15 pm 60 Min Lvl ML MUSCLE UP Garry 6:15 pm 60 Min Lvl ML MAX AB ENDURANCE NEW CLASS! Garry 7:15 pm 15 Min Lvl ML	EARLY AM CHALLENGE Kristen 6:00 am 60 Min Lvl ML CROSS TRAIN CHALLENGE Deb 6:00 am 60 Min Lvl ML HEART SPIN Danny 6:15 am 60 Min Lvl ML CORE & MORE Gayle 8:00 am 60 Min Lvl 2 SERIOUS CYCLE Dave 9:00 am 60 Min Lvl ML BODY BLAST Gayle 9:00 am 60 Min Lvl ML ULTIMATE FITNESS Garry 10:00 am 60 Min Lvl 3 MUSCLE HUSTLE* Michael 11:00 am 60 Min Lvl ML CYCOLOGY Angela 12:00 pm 60 Min Lvl ML CORE FIT INTERMEDIATE Deb 12:30 pm 60 Min Lvl ML FIT 4 KIDS 3:00 pm PR 60 Min YOUTH MARTIAL ARTS 3:30 pm RB 120 Min Lvl ML CROSS TRAIN CHALLENGE Steve 5:30 pm 60 Min Lvl ML SERIOUS CYCLE Dave K. 6:00 pm 60 Min Lvl 1 ULTIMATE FITNESS* NEW FORMAT! Maria 6:30 pm 60 Min Lvl ML ZUMBA Gina/Carmen 7:30 pm 60 Min Lvl ML	BOOT CAMP Ken 6:00 am RB 60 Min Lvl 3 SERIOUS CYCLE Dave K 6:15 am 60 Min Lvl 3 INTENSE STEP Kristen 7:45 am 60 Min Lvl ML BODY BLAST Kelly 9:00 am 60 Min Lvl ML BALLESTONE* Rebecca 10:00 am 60 Min Lvl ML MUSCLE HUSTLE* Mike 11:00 am 60 Min Lvl ML YOUTH CONDITIONING Rich 4:00 pm RB 60 Min Ages 8-13 FIT 4 KIDS 4:00 pm PR 60 Min KUKUWA DANCE NEW CLASS! Beth 4:30 pm 60 Min Lvl ML CORE FIT INTERMEDIATE Deb 5:30 pm 60 Min Lvl 1 HEART SPIN NEW FORMAT! Danny 6:00 pm 60 Min Lvl 2 ULTIMATE FITNESS* Janice 6:30 pm 60 Min Lvl ML	BOOT CAMP Aaron 6:00 am RB 60 Min Lvl 3 HI LOW EXPLOSION Kristen 6:00 am 60 Min Lvl ML CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML SERIOUS CYCLE Dave K 9:00 am 60 Min Lvl ML ULTIMATE FITNESS Paulette S. 9:00 am 60 Min Lvl 3 BODY BLAST Kelly 10:00 am 60 Min Lvl ML MUSCLE HUSTLE* Donna 11:00 am 60 Min Lvl 1 YOUTH CONDITIONING Karim 4:00 pm RB 60 Min Ages 8-13 FIT 4 KIDS 4:00 pm PR 60 Min CROSS TRAIN CHALLENGE Karim 5:30 pm 60 Min /Fitness BELLY DANCING Andrea / Lorraine Higher Music Volume 6:00 pm 60 Min Lvl ML	TRIPLE FIT Kelly 8:00 am 75 Min Lvl 3 SERIOUS CYCLE Dave K 8:00 am 90 Min Lvl 3 ULTIMATE FITNESS TBA 9:15 am 75 Min Lvl 2 CARDIO DANCE Donna 10:30 am 60 Min Lvl 2	CROSS TRAIN CHALLENGE Ken 9:00 am 75 Min Lvl ML JUMP & JAM Laurie 12:00 pm 90 Min Lvl ML FIT KIDS Laurie 1:30 pm 60 Min Lvl ML

NEW Silver Circuit
6 Week Fitness Program
~See Fitness Dept For Info
◆
~NOTE~
***Seniorcise Classes**
(Senior Friendly)

MARTIAL ARTS
Mondays and Wednesdays
3:30 - 4 PM
Ages 3-5
◆
4 - 4:40 PM
Ages 6-8
◆
4:40 - 5:30 PM
Ages 9 - Teen

PR = Play Room
RB = Racquet Ball Area
TBA = To Be Announced

Please Note: 9, 10, 11 AM Classes, Zumba & Kukuwa Classes - Music Higher Volume

L1 = Beginners
L2 = Intermediate
L3 = Advanced
ML = Beginners - Intermediate

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
Early Morning Challenge
Muscle Up
Power Hour
Osteo Impact
Ultimate Fitness
Boot Camp
MAX AB Endurance

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
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.

Pilates
Awesome Abs
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.

Cycology
Serious Cycle
Heart Spin

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
Intense Step