



Group Fitness Schedule

Summer 2022

*Log in to member account to view up to date schedule changes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Cardio Sculpt Rebecca	FIT 10 \$	Cardio Sculpt Rebecca	FIT 10 \$			
8:00 AM	8:45am Pilates Steven	8:15am Yoga Debora	8:45am Pilates Myra	8:15am Yoga Debora	8:45am Pilates Heidi	FIT 10 \$	
9:00 AM		9:30am Barre Eden		9:30am Barre Eden		9:15am Yoga Debora	Cycling Bonnie
10:00 AM	Circuit Conditioning Steven	10:45am Cycling Jen	Circuit Conditioning Steven	10:45am Cycling Korrine			10:30am Pilates 101 Irene
11:00 AM	Water Aerobics Laurel		Water Aerobics Laurel		Water Aerobics Laurel		
12:00 PM		Fast & Furious 4 \$	Dance Cardio Kelli	Fast & Furious 4 \$			Dance Cardio Karen
5:00 PM				5:30pm Yoga Heidi			
6:00 PM	Cycling Korrine	6:30pm Pilates & Stretch Karen	Cycling Jen				
7:00 PM	Yoga Korrine						

Class Descriptions

Pilates This blend of Pilates and traditional athletic training styles will challenge your Core and build your endurance. With an emphasis on abdominals, hips, glutes, and lower back, Pilates will improve your posture, strength, and balance.
Pilates 101 Have you been interested in trying a Pilates class but have been hesitant to do so? Do you currently take Pilates classes but would like a deeper understanding of the exercises? Does the term neutral pelvis confuse you? This complementary class will help teach the Pilates Movement principles and break down some basic Pilates exercises for a better understanding of how the body can move through space with Ease, Economy and Efficiency.
Yoga Open to all level students who want a moderately paced class. This 60 minute class is taught in the Vinyasa Flow style, offering dynamic movement with and between poses that generates internal warmth and helps the body to more naturally open. As you progress, you will experience gradual development of greater flexibility, strength and balance. For Beginners, you'll be challenged as you learn to integrate these poses into your practice. For Advanced students, you won't be bored, as you'll be offered guidance and support to practice at your edge.
Circuit Conditioning Circuit Training with an emphasis on Core strength and stability. Utilizing multiple work stations with minimal rest periods, you will be developing cardiovascular health as well as overall strength. All fitness levels welcome.
Barre Barre is based on applied science to create core strength, flexibility, and balance in the body. With the aid of a ballet barre, this 60 minute class will focus on a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop for balance while focusing on isometric strength training and high reps of small range-of-motion movements. All fitness levels welcome
Cycling Whether you ride to get stronger, nurture your body and spirit, sweat out the events of the day or reinvent yourself, this 45 minute cycling class is your ride. All fitness abilities welcome, all at your own pace! Class designed for ages 14 and over.
Cardio Sculpt Look amazing and feel even better with this full body workout. Cardio sculpt is perfect for any body and is the ultimate mind/body booster. This class will work on balance, strength, flexibility, endurance, and cardio.
Dance Cardio Dance Cardio brings together choreographed dance and fitness moves for a great workout! Open to all levels, this class is set to exciting music and will leave you smiling!
Water Aerobics Working out in the water provides a full body workout without undue stress on the joints while it increases muscle strength and endurance due to waters built-in resistance. The 60 minute class includes a warm up, cardio, strengthening, flexibility work and cool down stretches. Using movements adapted to water from aerobics, yoga, pilates and karate, you get a challenging workout that leave you feeling stronger and refreshed. Classes will include working out in the shallow and the deep water. We will use noodles in the deep water to make sure you stay afloat – and to enhance the workout.
Fit 10 Excel and take your training to the next level in this 4 week, Small Group Cross Training program (6 max). Includes goal setting, workout logs, nutritional guidance and fitness assessments. Fee based program.