

# Group Fitness Schedule



## MONDAY

9:00-9:55am  
Zumba  
Danae (2)

10:05-11:00am  
Tone It Up!  
Andrea S (2)

5:25 - 5:55pm  
Family Dance  
Party  
Sara (1)

6:00-6:55pm  
Rip  
Sara (2-3)

### KEY:

1. Beginner
2. Intermediate
3. Advanced

## TUESDAY

5:00-5:55am  
Fierce  
Jen (3)

8:25-8:55am  
Core & More  
Allison (2)

9:00-9:55am  
Yoga  
Allison (2)

9:00-9:55am  
Revolution  
Fran (2)

10:15 - 11:00am  
Barre Above  
Andrea C. (2)

4:30-5:00  
Core & More  
Allison/Andrea C (2)

## WEDNESDAY

5:00-5:55am  
Revolution  
Andrea C. (2)

9:00-9:55am  
Zumba + Toning  
Danae (2)

**10:05 - 10:50am**  
**TRX\***  
**Suspension**  
**Training**  
**Jen (2-3)**

6:00-6:55pm  
Rip  
Sara (2-3)

**May 21<sup>st</sup> -**  
**July 28<sup>th</sup>**

## THURSDAY

5:00-5:55am  
Cardio- Strength-  
Circuit  
Andrea C (3)

8:25-8:55am  
Core & More  
Allison (2)

9:00-9:55am  
Yoga  
Allison (2)

10:05 - 11:00am  
Cardio-Strength-  
Circuit  
Andrea S. (2)

7:00 - 7:55pm  
Yoga  
Katie (2)

## FRIDAY

8:25-8:55am  
Zumba Express  
Danae (2)

9:00-9:55am  
Revolution  
Fran (2)

Preschool PE  
10:00-10:30am  
Michael

10:15-11:10am  
Gentle Yoga  
Fran (1)

## SATURDAY

8:00-8:55am  
Rip  
Sara (3)

9:05-10:00am  
Revolution  
Andrea C (2)

**TRX Class Fee:**  
**\$7 mem, \$12 Non**

## CLASS FEES

FREE for Members  
\$5.00 Non-Members

Seniors are discounted \$1 a class

## PUNCH CARDS

7X Punch Pass \$35.00  
14X Punch Pass \$70.00

## DROP-IN

Not a Member? Want to try a new class? Pay a drop in fee of \$5.00 to attend. (If space is available)

## CLASS REGISTRATION INFORMATION

- Register for classes beginning two weeks before the start of the session
- Check in at the front desk before each class you attend
- If class is cancelled we will contact all registered individuals
- Maximum of 16 participants for Revolution
- Maximum of 33 participants for Rip and Core and More
- Priority for classes regarding space availability:
  - First: registered individuals
  - Second: individuals with punch cards
  - Third: drop-ins

## CLASS DESCRIPTIONS

**Fierce:** ! 55mintue program that combines cardio intervals with a Tabata timer and strength training boves to ou jump start your day

**Family Dance Party:** if you're looking for something fun and healthy to do with your family, this is it! For adults and children age 6 and up. Children age 6-12 must be accompanied by an adult. Class is 30 minutes long.

**Cardio-Strength-Circuit:** Designed as a complete body workout using station format. You will target the upper and lower body, as well as cardio respiratory conditioning.

**Preschool P.E:** Children 3-5 yrs old have fun playing, and learning the importance of physical fitness, stretching, and following directions, in organized activities.

**Revolution:** A 55 minute cycling program, choreographed to music, tailor-made for anyone who can ride a bike. Ride over hills, sprint in the flats and do interval training. Maximize your cardio training while having fun.

**Rip:** A 55 minute barbell program for men and women of all ages and fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.

**Tone It Up!:** A variety strength-based class that uses an assortment of equipment (free weights, stability balls, resistance tubes, etc.) to get the heart pumping while building muscular strength and endurance.

**Zumba:** The Latin inspired easy-to-follow, calorie burning, feel-it-to-the-core FITNESS PARTY.™ Get into shape without knowing it! It's a FIESTA! Zumba= 55 minutes / Zumba Express= 45 minutes.

**Barre Above:** A 45minute program that is a ballet inspired, low impact workout. It is full body conditioning class.