



Fitness Schedule January 2019

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
5:30 AM	Closed					
5:45 AM						
6:00 AM		" Spin-Off "	Build & Sculpt	" Spin-Off "	Build & Sculpt	" Spin-Off "
6:15 AM		6:00 - 7:00	6:00-6:45	6:00 - 7:00	6:00-6:45	6:00 - 7:00
6:30 AM		w/Mitsue	w/Rebecca	w/Jeremy	w/Rebecca	w/Mitsue
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM						"Spin-Off" Flex
7:45 AM						7:30-8:30
8:00 AM					w/Michelle	
8:15 AM	" Spin-Off " Flex	Muscle Pump	Barre Above™	Muscle Pump	Tabata Barre	
8:30 AM	8:15-9:15	8:15 - 9:15	8:15 - 9:15	8:15 - 9:15	8:15-9:15	
8:45 AM	w/Michelle	w/Kristie	w/Kristie	w/Kristie	w/Kristie	
9:00 AM						
9:15 AM	Fitness Fusion				Creative Pilates	Sound Healing Yoga
9:30 AM	9:00-10:00			Yoga	9:25 - 10:30	9:30 - 10:30
9:45 AM	w/Kashmyra		Zumba	9:30 - 10:30	w/Kashmyra	w/Aoife
10:00 AM			9:40 - 10:40	w/Jane		
10:15 AM			w/Velvet			
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM		Muscle Pump	Cardio Kickboxing	Muscle Pump	Tabata	Gymnasium
5:45 PM		5:20 - 6:15	Mixx 5:15 - 6:15	5:20 - 6:15	5:15 - 6:15	Hours of
6:00 PM		w/Kristie	w/Kristie	w/Kristie	w/Kristie	Operations
6:15 PM			"Spin-Off"	Zumba		
6:30 PM			6:15-7:15	6:20-7:20		
6:45 PM		Yoga	w/Mitsue	w/Velvet	Yoga	" Spin-Off "
7:00 PM		6:30 - 7:30			6:30-7:30	6:15 - 7:15
7:15 PM		w/Star			w/Denise	w/Jeremy
7:30 PM						
7:45 PM						

SPIN 101
Wednesdays
@ 5:30pm

Closed

Gymnasium Hours of Operations
Sun. 9am-6pm
Mon-Thurs. 5am-10pm
Fri. 5am-4pm
Sat. CLOSED

Class Descriptions

Barre Above™ is a fun and dynamic workout fusing the best of Pilates, Yoga, aerobics and strength exercises. Results in overall flexibility, balance & body strength. Sculpt your body into amazing shape!

Build & Sculpt is a body strength and sculpting class that works the upper, lower body and core using free weights to increase physical strength and endurance. A total body shaping class!

Cardio Kickboxing Mixx is a fun and interesting way to keep fit and burn calories. An intense, high-energy workout for the entire body and is intent on movements that raise the heart rate for effective calorie burning.

Creative Pilates balances aspects of Pilates with the flexibility, fluidity and flow of classical stretches & creative movement.

Fitness Fusion restore your posture, coordination, balance and strength.

Muscle Pump is total body strength training helps develop complete muscular systems that can burn calories and fat, promote healthy posture and boost a healthy lifestyle. Work at your own level within a class setting.

Pilates is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind.

"Spin-Off" builds strength & improves cardiovascular efficiency as your instructor coaches you through the ride of your life! Suited for all fitness levels.

"Spin-Off Flex" adds 15 minutes of strength training & stretching after 45 minutes of cycling.

Spin 101 allows you to learn the basics of spinning. All skill levels welcome!

Healing Sounds Yoga incorporates Hatha Yoga along with traditional Gaelic melodies, vibrational sound and spoken word to induce a deep sense of peace and well-being while reducing the stress of daily life. It is suitable for both beginners and anyone who has already been practicing Yoga.

Tabata is a high intensity interval training for a total body work out. Uses different modalities of functional fitness. Continue to burn fat after you've left the gym! **Tabata Barre** Best of Barre-Tabata style!

Yoga is a fluid blend of alignment principles and techniques linking breath with motion to increase flexibility and elongate muscles. Correct posture and balance as well as ease tension and stress.

Zumba features exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. No need to be an expert in dance just a willingness to have fun while getting fit!