



Fitness Schedule February 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Closed					
5:45 AM						
6:00 AM		CSS Early Birds		Build & Sculpt		CSS Early Birds
6:15 AM		6:00-7:00		6:00-7:00		6:00-7:00
6:30 AM		w/Michelle		w/ Rebecca		w/Michelle
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM		Mystery Monday	Muscle Pump	TRX™	Muscle Pump	Tabata Barre
8:15 AM		8:15-9:10	8:15-9:15	8:00-9:00	8:15-9:10	8:15-9:00
8:30 AM		w/Kristie	w/Kristie	w/Michelle	w/Kristie	w/Kristie
8:45 AM						
9:00 AM		Pilates			Pilates	
9:15 AM		9:15-10:15	Balance N		9:15-10:15	Motion
9:30 AM		w/Denise	9:30-10:30		w/Denise	9:30-10:30
9:45 AM			w/Aoife			w/Aoife
10:00 AM						
10:15 AM						
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						Closed
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM			Cardio	Total	Tabata	Strength
5:30 PM		Muscle Pump	Kickboxing	Fitness	5:15-6:15	5:30-6:30
5:45 PM		5:15-6:15	w/Kristie	w/Tim	w/Kristie	w/Tim
6:00 PM		w/Kristie		Muscle Pump		Fitness Hours of Operations Sun. 9am-6pm Mon-Thurs. 5am-9pm Fri. 5am-4pm Sat. CLOSED
6:15 PM				5:15-6:15		
6:30 PM			Spin-Off		Spin-Off	
6:45 PM			6:15-7:15		6:15-7:15	
7:00 PM			w/Jeremy		w/Jeremy	
7:15 PM						
7:30 PM						
7:45 PM						

Class Descriptions

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

Build N 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. Builds lean, toned muscle. A total body shaping class!

Cardio Kickboxing 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.

CSS Early Birds Michelle leads you through 20 mins each of **Cardio** (walk/cycle), **Strength**, (bells, bands, TRX) and Science Of **Stretching™**. Understand inflammation & oxidative stress. New challenges every month.

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.

Mystery Monday Fitness YOU are invited to kick start your week with a mystery workout. Stay motivated in a group environment and enjoy a different workout every Monday with exercises designed for beginners to advanced.

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! Did you know that cycling burns a ton of calories while also being easy on your joints? Suited for all fitness levels.

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!

Total Strength Fitness Strengthen your whole body using kettlebells, dumbbells, resistance bands and body weight. Tone up, burn fat, and gain stability in this weight training class. Great for all exercise levels!

TRX™ Relieve back pain, reduce stress, improve grip & core strength with total body TRX. Ceiling-suspended training is popular because pulling & pushing exercises condition muscles essential to posture, flexibility & daily body function.