



# Fitness Schedule

## June 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Closed					
5:45 AM						
6:00 AM		CSS Early Birds 6:00-7:00 w/Michael		Build & Sculpt 6:00-7:00 w/ Rebecca		CSS Early Birds 6:00-7:00 w/Michael
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM	Closed					
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM		Mystery Monday 8:15-9:10 w/Kristie	Muscle Pump 8:15-9:15 w/Kristie	Summer Step 8:15-9:00 w/Kristie	Muscle Pump 8:15-9:10 w/Kristie	Tabata Barre 8:15-9:00 w/Kristie
8:30 AM						
8:45 AM						
9:00 AM		Pilates 9:15-10:15 w/Denise	Balance N Motion 9:30-10:30 w/Rebecca		Pilates 9:15-10:15 w/Denise	
9:15 AM						
9:30 AM						
9:45 AM						
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 Kickboxing 5:15-6:15 w/Kristie		Tabata 5:15-6:15 w/Kristie	Fitness Hours of Operations Sun. 9am-6pm Mon-Thurs. 5am-9pm Fri. 5am-4pm Sat. CLOSED
5:30 PM		Muscle Pump 5:15-6:15 w/Kristie	Total Strength Fitness 5:30-6:30 w/Lisa	Muscle Pump 5:15-6:15 w/Kristie	Total Strength Fitness 5:30-6:30 w/Lisa	
5:45 PM						
6:00 PM	Closed		Spin-Off 6:15-7:15 w/Jeremy		Spin-Off 6:15-7:15 w/Jeremy	
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
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** Choose growth or recovery options in this HIIT (High Intensity Interval Training) class that leads you through: CARDIO (cycle, walk, trampoline), STRENGTH (bells, bands, bars, balls, TRX), STRETCHING, STABILITY, & STRESS-REDUCTION. Worth getting up for!

**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** Kick start your week with a mystery workout. Stay motivated in a group environment & enjoy a different workout every Monday with exercises designed for all.

**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.

**Summer STEP into Fitness!** Join us for a fun, energizing Step Class every Wednesday available this summer only! Perfect for all fitness levels, this upbeat cardio workout will keep you moving, smiling, and stepping your way to better health. Don't miss the chance to add some midweek motivation to your routine!

**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!