

Classes may be cancelled due to low sign up.
Instructors may change with no notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:45am	HIIT45 EMILY/DALMA 45min		HIIT45 EMILY/DALMA 45min		HIIT45 DALMA 45min		
06:30am	FUSION EMILY/DALMA 60min		YOGA (HATHA) EMILY/DALMA 60min		HIIT45 DALMA 45min		
08:00am						CHECK YOUR MEMBER APP, ONLINE, OR WITH THE FRONT DESK FOR THE CLASSES AND INSTRUCTORS FOR THE WEEK SATURDAY Roulette 8:00AM AND 9:00AM* *ROTATING TRAINER AND CLASSES	
08:30am							GROUP POWER MARIKA 60min
08:45am	HIIT45 ASHLEY 45min	PILATES DALMA 45min	HIIT45 EMILY 45min	Spin 30 POWER DALMA 30min	PILATES DALMA 45min		
09:30am	GROUP POWER ASHLEY 60min	active CIRCUIT DALMA 60min	SCULPT & burn EMILY 60min	active CIRCUIT DALMA 60min	GROUP POWER DALMA 60min		GROUP CENTERGY CLAIRE 60min
10:30am	YOGA (GENTLE) GLENN 60min	GROUP CENTERGY CLAIRE 60min	YOGA (GENTLE) EMILY/JESSIE 60min	GROUP CENTERGY REBECCA 60min	YOGA (RESTORATIVE) EMILY 60min		GROUP CENTERGY CLAIRE 60min
12:00pm	GROUP CENTERGY :30 REBECCA 30min				GROUP CENTERGY :30 CLAIRE 30min		
04:15pm		*PROGRAMS ALTERNATE EVERY OTHER WEEK* active CIRCUIT DALMA CHISEL'D MARIKA 45min					
04:45pm	SCULPT & burn :45 EMILY 45min		SCULPT & burn :45 EMILY 45min				
05:00pm		*PROGRAMS ALTERNATE EVERY OTHER WEEK* PILATES DALMA HARD core MARIKA 45min		*PROGRAMS ALTERNATE EVERY OTHER WEEK* Line dancing STEPH HIIT45 STEPH 45min			
05:30pm	SCULPT & burn EMILY 60min		FUSION EMILY 60min				
05:45pm		*PROGRAMS ALTERNATE EVERY OTHER WEEK* active CIRCUIT DALMA GROUP POWER MARIKA 45min		*PROGRAMS ALTERNATE EVERY OTHER WEEK* HIIT45 STEPH Line dancing STEPH 45min			
06:30pm	YOGA (HATHA) EMILY 60min	ZUMBA fitness LIZ 60min	*YOGA NIDRA RUNS EVERY 3rd WEDNESDAY OF THE MONTH* YOGA (RESTORATIVE) EMILY 60min YOGA (NIDRA)	YOGA (VINYASA) JESSIE 60min			

*Schedule subject to change without notice.

STRENGTH, CARDIO & TOTAL BODY CONDITIONING	
	60 Minutes All Levels Medium Intensity Strength Training Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. POWER UP! *Group Power/Active Circuit on Tuesday evenings at 5:45pm will alternate weeks*
	45 Minutes All Levels Medium to High Intensity Cardio, Strength, Core HIIT45 is a 45-minute class focusing on high intensity strength, cardio, and core movements to deliver a robust workout in a condensed amount of time. Our unique programming style gets you moving efficiently and effectively to get you out and on with your day. Get ready to lose weight, get stronger, strengthen your core and just improve your overall level of fitness in the best 45 minutes of your day! *Line Dancing/HIIT on Thursday evenings at 5:00pm will alternate weeks* *HIIT/Line Dancing on Thursday evenings at 5:45pm will alternate weeks*
	45 or 60 Minutes All Levels Medium Intensity Total Body Conditioning Combine the total body conditioning with cardiovascular training through use of circuits and intervals. Exercises to get your heart pumping will be added to your muscular conditioning to make this a complete workout. Ideal for all fitness levels. Your instructor will provide you with options so that you can find the level of intensity and movement that is right for you. Ideal for all fitness levels with modifications provided. *Active Circuit/Chisel'd on Tuesday evenings at 4:15pm will alternate weeks* *Active Circuit/Group Power on Tuesday evenings at 5:45pm will alternate weeks*
	45 or 60 Minutes All Levels Medium Intensity Strength Training In Sculpt & Burn, we flip the typical fitness class narrative on its head. Rather than trying to move fast and furious – we instead slow the pace to focus on slow muscular contractions and isometric holds. Research shows that a tremendous amount of strength and benefit can be achieved, while also taking it easier on our joints, by slowing the tempo and instead focusing on perfect form and squeezing the most potential out of our muscles to get that deep burn!
	45 Minutes All Levels Low to Medium Intensity This class is for anyone looking to build core strength in a safe, supportive way. Using low-impact, mindful movements, we will focus on strengthening the deep core, improving posture, and rebuilding full-body stability. Ideal for regaining functional strength and a more capable, resilient body for everyday life. All fitness levels welcome. *Will appear during Saturday roulette*
	45 Minutes All Levels Medium Intensity Strength Training Build strength. Move better. Feel the difference. Strength & conditioning using steppers, weights, stability balls, and bands. Chisel'd focuses on building muscle, improving movement, mobility, and balance – all while supporting posture, bone density, muscle tone, joint health, and metabolic power. A well-rounded effective *Chisel'd/Active Circuit on Tuesday evenings at 4:15pm will alternate weeks*
	45 Minutes All Levels Medium Intensity Strong Core. Strong everything. Build a strong 360 degree core with fast-paced, fun, and innovative strengthening moves. Hard Core targets deep core stability, balance, and total core strength from every angle. Expect dynamic exercises that build resilience and control – all while keeping the energy high and the vibe fun! Stronger core. Better movement. More power in everything you do! *workout, designed to help you feel stronger and more confident in your body. Strong is the goal, sculpted is the bonus. *Hard Core/Pilates on Tuesday evenings at 5:00pm will alternate weeks*

SPIN & SPECIALTY CLASSES	
	30 Minutes All Levels All Intensity Levels Cardio, Strength Spin Power 30 will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. A great class that you control the intensity level.
	60 Minutes All Levels All Intensity Levels Cardio, Dance Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!
	45 Minutes All Levels Low Intensity Cardio, Dance Step up your cardio game and boot scoot your way to a healthier you in this high-energy line dancing class—no cowboy hat required, just a kickin' attitude! You'll be two-steppin' your way to toned legs, a strong core, and a honky-ton of fun. *Line Dancing/HIIT on Thursday evenings at 5:00pm will alternate weeks* *HIIT/Line Dancing on Thursday evenings at 5:45pm will alternate weeks*

YOGA/PILATES CLASSES	
	30 or 60 Minutes All Levels Yoga/Pilates/Core Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.
	60 Minutes All Levels Low Intensity Beginner, Relaxation Yoga Beginner and Advanced levels will benefit from restorative yoga postures that help to reduce tightness in muscles, connective tissues and joints. Breathing techniques are used to reduce stress and bring balance to the nervous system leaving you feeling calm and restored after each class.
	60 Minutes All Levels Low Intensity Yoga Recovery, Stretch & Core Yoga This class is a very gentle and slow moving yoga flow for all levels. There is a strong focus on subtle openings and tuning into your body and breath. Zoning in on hips, back, shoulders and restoring your mind to ensure a good nights sleep.
	60 Minutes All Levels Medium Intensity Yoga Recovery, Stretch, Core & Strength Yoga Hatha is a slower paced yoga class. It incorporates yoga postures with breath and static holds. Focusing on alignment and the mind body connection to build strength add flexibility and release stress. This class is suitable for beginners and more advanced participants.
	60 Minutes All Levels Medium Intensity Yoga Recovery, Stretch, Core & Strength Yoga Vinyasa is a dynamic yoga flow that keeps you moving all class long! Movement sequences energetically transition between poses to promote strength, joint stability and mobility, balance and coordination. You can expect to blend movement with breath to explore an invigorating practice.
	60 Minutes All Levels Low Intensity Yoga Nidra also known as "yogic sleep"- can be described as the conscious state between wakefulness and sleep. This allows the body to go into a deep relaxation and a sense of wellbeing. It is a guided practice. It is for anyone who finds it hard to switch off and relax. Benefits include better sleep, improved mood, and reduced stress. Research has shown that Yoga Nidra can reduce chronic pain, depression, anxiety, insomnia and PTSD. *Will be held on the 3rd Wednesday of every month during Restorative Yoga from 6:30-7:30pm*
	60 Minutes All Levels Low Intensity Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation. It can also increase your joint range of motion. Along with muscles, foam rolling also works into a soft tissue called fascia. Fascia is tissue that connects your muscles together to provide support throughout your body. This class takes you through the entire body with a guided self massage. *Will appear during Saturday roulette*
	45 Minutes All Levels Pilates/Core This mat class will include foundation and classical Pilates exercises for a full body workout. These targeted exercises will help with flexibility, strength, better posture, more efficient movement patterns, and body/mind connection. *Pilates/Hard Core on Tuesday evenings at 5:00pm will alternate weeks*
	60 Minutes All Levels Low Intensity Yoga/Pilates/Core Fusion combines the mind-clearing benefits of Yoga, with the core-strengthening engagement of Pilates. This class embodies elements of both practices such as flowing sequences, breathwork, and precise movements, all while incorporating stretching and relaxation techniques. The fusion approach can lead to increased flexibility, strength, balance, and stress reduction.