


Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am Spin	6:00am Power Hour	6:00am Spin	6:00am Power Hour	6:00am Spin	
7:00am Dumbbells 101		7:00am Dumbbells 101		7:00am Dumbbells 101	
8:30am Rock Steady Boxing (Specialty Class*) (75 mins)	9:00am Dumbbells 101	8:30am Rock Steady Boxing (Specialty Class*) (75 mins)	9:00am Dumbbells 101	8:30am Rock Steady Boxing (Specialty Class*) (75 mins)	8:30am Shred
11:00am  Stability (30 mins)	10:00am Tai Chi	11:00am  Stability (30 mins)	10:00am Tai Chi	11:00am  Stability (30 mins)	
4:30pm BOOM Mind™ (45 mins)	4:30pm Power Hour	4:30pm BOOM Mind™ (45 mins)	4:30pm Power Hour		
5:30pm Shred	5:30pm Zumba®	5:30pm Shred	5:30pm Zumba®		

All Classes are 50 minutes, unless otherwise noted. Class schedule subject to change.

* Specialty Classes are NOT included with Group Exercise membership. *

Class Descriptions

BOOM MIND™	BOOM MIND takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind. The focus of this class is on core muscles, lower body strength and balance.
DUMBBELLS 101	Head-to-toe strength training with dumbbells. All muscle groups are incorporated. Warm up before and stretch throughout. Class also works on balance, coordination, and flexibility. Wednesday is a “challenge day” which is a little harder than the others.
POWER HOUR	Athletic Conditioning including pushups, sit ups, step drills, squats, lunges, burpees. Lots of up and down, lots of stretching. An early morning butt kicking. Very fast paced.
SPIN	An indoor cycling workout focusing on endurance, strength, intervals, and high intensity work, with energizing music and challenging terrain.
SHRED	This total body workout incorporates strength and cardio training to challenge you through intervals or stations. Intervals are typically one-minute of work, with 30 seconds of rest. Exercises in this class are more advanced.
 STABILITY	Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.
TAI CHI	A moving meditation that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
ZUMBA®	Zumba® class is a combination of Latin and international music and dance to create a dynamic and calorie-burning workout for people of all fitness levels.

ROCK STEADY BOXING <i>(Specialty Class)</i>	Rock Steady Boxing is a health and wellness program designed for people with Parkinson’s Disease. Class is based on a foundation of non-contact boxing, and is very effective for improving all of the symptoms associated with Parkinson’s Disease. <i>This class is NOT included with Group Exercise membership.</i>
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