

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>LOW IMPACT TRAINING (R)**Δ 6:30-7:30 PATICK</p> <p>GENTLE CORE &amp; BALANCE (GX) 8:00-8:40 ERNIE</p> <p>TABATA/METCON 4x4 (GX) 9:00-9:55 LESLIE</p> <p>REFORMER-ATHLETIC FLOW (R)** Δ 9:30 -10:30 SUSAN</p> <p>EXPRESS CORE (GX) 10:00-10:25 LESLIE</p> <p>AQUA FIT (P)^ 10:30-11:30 MALINDA</p> <p>MINDFUL FLOW YOGA (GX) 10:30-11:25 SHANNON</p> <p>REFORMER-KINETIC CONNECTION (R)**Δ10:30-11:30 PATRICK</p> <p>GEN-DO MEDITATION (GX) 11:30-11:55 NATE</p> <p>REFORMER -INTERVAL TRAINING (R)**Δ11:45 -12:45 MALINDA</p>	<p>HIIT BLAST (GX) 5:45-6:25 MEGHAN</p> <p>BODY POWER (GX) 9:00-9:55 LU</p> <p>REFORMER-DYNAMIC GRACE (R)**Δ 9:00 -10:00 AESHA</p> <p>CYCLING (C) 9:30-10:15 KATIE</p> <p>CORE PILATES (GX) 10:00-10:25 LU</p> <p>LOW IMPACT TRAINING (R)**Δ 10:00-11:00PATICK</p> <p>RESTORATIVE STRENGTH (GX) 10:30-11:25 MEGHAN</p> <p>LOW IMPACT TRAINING (R)**Δ 11:45-12:45 MEGHAN</p>	<p>LOW IMPACT TRAINING (R)**Δ 6:30-7:30 PATICK</p> <p>GENTLE CORE &amp; BALANCE (GX) 8:00-8:40 ERNIE</p> <p>F.I.T (GX) 9:00-9:55 SUE</p> <p>REFORMER-ATHLETIC FLOW (R)** Δ 9:30 -10:30 SUSAN</p> <p>CORE30 (GX) 10:00-10:25 SUE</p> <p>BARRE STRENGTH (GX) 10:30-11:25 PATRICIA</p> <p>AQUA FIT (P)^ 10:30-11:30 MEGHAN</p> <p>REFORMER-KINETIC CONNECTION (R)**Δ10:30-11:30 PATRICK</p>	<p>HIIT BLAST (GX) 5:45-6:25 MEGHAN</p> <p>GRACEFIT (GX) 9:00-9:55 AESHA</p> <p>REFORMER-INNER STRENGTH (R)**Δ 9:00 -10:00 BRYAN</p> <p>CYCLING (C) 9:30-10:15 RACHEL</p> <p>STRETCH-ALIGNED (GX) 10:00-10:25 AESHA</p> <p>LOW IMPACT TRAINING (R)**Δ 10:00-11:00 MEGHAN</p> <p>MOBILITY (GX) 10:30-11:10 JON</p> <p>MINDFUL FLOW YOGA (GX) 11:15- 12:10 KELLEY</p> <p>LOW IMPACT TRAINING (R)**Δ 11:45-12:45 MEGHAN</p>	<p>LOW IMPACT TRAINING (R)**Δ 6:30-7:30 MEGHAN</p> <p>GENTLE CORE &amp; BALANCE (GX) 8:00-8:25 ERNIE</p> <p>REFORMER-CARDIO BOOST (R)** Δ 8:30 -9:30 OWEN</p> <p>F.I.T (GX) 8:30-9:25 SUE</p> <p>HIP HOP (GX) 9:30-10:25 SUSAN</p> <p>LOW IMPACT TRAINING (R)**Δ 9:30-10:30 MEGHAN</p> <p>AQUA FIT (P)^ 10:30-11:30 MEGHAN</p> <p>REFORMER-DYNAMIC GRACE (R)** Δ 10:30 -11:30 AESHA</p> <p>MINDFUL FLOW YOGA (GX) 10:30-11:25 MARTY</p>	<p><b>MORNING SCHEDULE</b></p> <p>YOGA FOR A BETTER BACK (GX) 7:30 - 8:25 PATRICK</p> <p>SWIM WITHOUT A COACH (P) 7:30-9:30</p> <p>CYCLING (C) 8:30-9:25 MELINDA</p> <p>BODY WEIGHT BLAST (GX) 8:30-9:25 PATRICK</p> <p>ZUMBA (GX) 9:30-10:25 PAMELA</p> <p>LOW IMPACT TRAINING (R)**Δ 9:30-10:30 BRYAN</p> <p>AQUA FIT (P)^ 9:45-10:45 LORRAINE</p> <p>ADVANCE STEP (GX) 10:30-11:25 ALORA</p> <p>REFORMER-INNER STRENGTH (R)**Δ 10:30-11:30 BRYAN</p> <p>REFORMER-INNER STRENGTH (R)** Δ 8:00-9:00 BRYAN</p> <p>HIP HOP (GX) 9:00-9:55 KERRY</p> <p>YOGA FLOW (GX) 10:30-11:25 TOM M</p>	
<p>IYENGAR YOGA (GX) 1:30-2:25 BARBARA</p>		<p>IYENGAR YOGA (GX) 1:30-2:25 BARBARA</p> <p>GENTLE YOGA (GX) 4:30-5:25 JESSICA</p>			<p><b>AFTERNOON SCHEDULE</b></p>	
<p>ZUMBA (GX) 5:30-6:25 LALEH</p> <p>CYCLING (C) 5:45-6:45 DAN</p> <p>ULTIMATE CONDITIONING (GX) 6:30-7:25 PATRICK</p> <p>REFORMER-FASCIAL CORE (R)** Δ 6:30-7:30 YUKI</p> <p>CANDLE LIGHT YOGA (GX) 7:30-8:25 KELLEY</p>	<p>PILATES CONDITIONING (GX) 5:45-6:40 SUSAN</p> <p>CYCLING (C) 6:00-6:55 MARK S</p> <p>LOW IMPACT TRAINING (R)**Δ 6:00-7:00 PATICK</p> <p>HIP HOP (GX) 6:45-7:40 SUSAN</p> <p>MASTER SWIM WITH A COACH (P) 6:00-7:15 TOM</p> <p>REFORMER-STRENGTH &amp; HEAL (R)**Δ 7:00-8:00 LORRAINE</p> <p>BALLET BASICS (GX) 7:45-8:45 AESHA</p>	<p>BODY CONDITIONING (GX) 5:30-6:25 JESSICA</p> <p>CYCLING (C) 5:45-6:45 MARK</p> <p>DANCE ALIVE (GX) 6:30-7:25 JESSICA</p> <p>GROOV3 (GX) 7:30-8:25 SUSAN/KERRY</p>	<p>REFORMER-ATHLETIC FLOW (R)**Δ 5:00-6:00 SUSAN</p> <p>EMBODIED YOGA FLOW (GX) 5:45-6:40 DANIELLE</p> <p>LOW IMPACT TRAINING (R)**Δ 6:00-7:00 PATICK</p> <p>MASTER SWIM WITH A COACH (P) 6:00-7:15 TOM</p> <p>ZUMBA (GX) 6:45-7:40 ALVIN</p> <p>REFORMER-STRENGTH &amp; HEAL (R)**Δ 7:00-8:00 LORRAINE</p> <p>CANDLE LIGHT YOGA (GX) 7:45-8:40 DANIELLE</p>	<p>LOW IMPACT TRAINING (R)**Δ 5:30-6:30 PATICK</p>	<p><b>EVENING SCHEDULE</b></p> <p>(GX) = GROUP EXERCISE STUDIO (C) = CYCLE STUDIO (P) = POOL (R) = REFORMER STUDIO (T) = OUTSIDE TURF</p> <p>** = FEE BASED AND MAY CHANGE ON A MONTHLY BASIS.</p> <p>Δ= ADVANCED SIGN UP REQUIRED</p> <p>^ AQUA CLASSES FOR CLASS PARTICIPANTS ONLY ALL LANES - NO LAP SWIMMING ^^ AQUA CLASS LANES 1-3 RESERVED FOR CLASS 4-6 LANES FOR LAP SWIM</p> <p>THE SCHEDULE CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE.</p>	

# CLASS DESCRIPTIONS

**GYM HOURS OF OPERATION:** M - TH 5AM - 11PM • F 5AM - 10PM • SAT & SUN 7AM - 8PM  
**CHILDCARE HOURS:** M,Tu & Th 8AM-8PM • W 8AM-9PM • F & SAT 8AM-4:30PM • SUN 8AM-12PM

## CARDIO

### ADVANCE STEP

Take your classic Step class and dial it WAY up! This advance class is a more challenging Step routine. It will still get you moving with advance choreography, more FUN and much more SWEAT! What are you waiting for?

### DANCE ALIVE

Dance Fitness, the class that awakens the dancer in you! Dance Alive! is a high-energy, exhilarating steady-state cardio fitness class that connects the body and soul through music and dance. This class inspires and encourages you to fully express yourself in a positive and safe environment, helping to awaken the Dancer in YOU!

### GROOV3

GROOV3 is a choreographed funk & hip hop dance party for all levels featuring a live DJ in every class. dance, sweat, live!

### HIP HOP

Stilized cardiovascular class combining elements of street dance, hip hop and jazz. For anyone who wants to move and have fun!

### ZUMBA

Zumba is a fusion of Latin and International music – to create a dynamic workout system designed to be FUN and EASY TO DO! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of tantalizing body sculpting movements with east to follow dance steps. Ditch the Workout. Join the Party!

## STRENGTH

### BALLET BASICS

Former New York City Ballet Dancer, Pilates and Barre instructor, Aesha Ash will lead you through the very basics of the ballet barre. Learn what these basic fundamentals are and how you can take them off the ballet barre and into the fitness studio. NO PREVIOUS BALLET EXPERIENCE NEEDED!

### BARRE STRENGTH

Barre Strength is a unique, high energy and low impact exercise class that combines standing barre work, light weights, and Pilates mat to offer a muscle toning hour. Focusing on toning and resistance exercises for the legs, core, glutes and arms to sculpt and elongate muscles in your body. Your muscles will shake!

### BODY POWER

This challenging yet fundamental workout is designed to strengthen, tone and sculpt your entire body. Get moving with music-inspired movements, exercises that burn and people that are ready to play hard! Don't forget your towel!

### RESTORATIVE STRENGTH

Restorative Strength combines strength, balance and core exercises for those who are looking for a toning class without the cardiovascular portion. Learn to play with a variety of toys; from discs, bands, AB balls and so much more.

## COMBO (CARDIO-STRENGTH)

### BODY CONDITIONING

A fusion of cardio and resistance training. This class works by challenging your body in a new ways to get the results you desire. In this class you will be inspired, encouraged and motivated to find and believe in your true power. This is a not to miss class for those looking to maximize their fitness performance..

### BODY WEIGHT BLAST

Start your weekend off right by getting the body moving in this class that involves only what you walk through the door with! Take the complexity out of exercise with a low impact, high intensity workout that develops strength, mobility, and body awareness as you kickstart your day (and your metabolism).

### GRACEFIT

Created in 2015/16 by former professional ballerina Aesha Ash. Gracefit works muscles that you never even knew you had in this fun barre and Pilates fusion class. Standing barre work challenges balance, coordination, strength and flexibility. Mat work will strengthen your deep core muscles, back, glutes, inner thighs and hamstrings with powerful Pilates inspired mat work. End class with a short fun dance inspired cardio blast and a bit of slow balance work.

### F.I.T (FUN INTENSE TRAINING)

Come ready to jump, quat, lunge, push, crunch and sweat! This class combines the bootcamp concept with sports conditioning to efficiently combine strength, flexibility, speed, and coordination.

### PILATES CONDITIONING

A full body, high intensity workout that includes cardio drills, strength training, plyometric, and Pilates exercises.

## HIGH INTENSITY

### HIIT BLAST

Come out and Play! Make this the most efficient workout in just 45 min with a full-body, interval training class for you to maximize your time. Through timed intervals and dynamic functional training movements you can and will see fat cells melt and strength growth. Feel better, look better.

### TABATA/METCON 4x4

Boost your metabolism and athletic performance in this 45 minute class. This class uses the principals of Metabolic Conditioning, incorporating strength, core, and cardio. The class uses varying work:rest intervals throughout to keep you on your toes and keep your heart pumping.

### ULTIMATE CONDITIONING

The ultimate challenge in cardiovascular and muscular systems for a total body workout. The sky is the limit with this calorie-killing circuit class, filled with a variety of equipment, formats and exercises! Every week brings a different challenge and greater rewards. All levels welcome.

## LOW IMPACT

### CORE30

A gentle yet effective 30 min core focused energizer.

### CORE PILATES

Pilates-mat class focusing on core stabilization and postural alignment. Take your core workouts to a new level of intensity, find new ways to engage core and with better results.

### EXPRESS CORE

Express Core is a 30 minute class which focuses on abdominal and glute strengthening work.

### GENTLE CORE & BALANCE

This 30 min clasas combines strength, balance, and stretching. All levels are welcome, with modifications given as needed.

### MOBILITY

Mobility is a movement based class designed to improve over-all joint health through the use of a variety of movement patterns and mobility exercises. This class is designed to improve and increase arthrokinematic health by increasing quality of movement, range of motion, increase blood circulation, and over-all joint function.

### STRETCH-ALIGNED

A dynamic stretch class inspired by dance conditioning.

## MIND BODY

### CANDLE LIGHT YOGA

Come rejuvenate and build your flexibility, balance and strength in this yoga flow class with candle lights to enhance your week with purpose and energy. Soothing and uplifting music with nourishing moves that open the body will give you a good vibe for the entire week.

### EMBODIED YOGA FLOW

Embodied Yoga Flow is a mind body class that gives you dynamic and intentional movements to build your core with a combination of focused and gentle yoga-like opening of the body. Throughout the class, you will experience a constant meditative state, expanding your mind's awareness and body's fluidity for your body to feel light, strong, and grounded.

### GEN-DO MEDITATION

Gen-Do meditation consist of guided meditation and visualization, followed by silent meditation. Each week, you will have a topic you will be working on to be more present and to have a clear intention.

### GENTLE YOGA

In Gentle Yoga, you will move through the yoga poses (asana) slower than other yoga classes. The class is for all levels including beginners who are new to yoga practice and experience yogis who want to slow down to have a deeper practice.

### IYENGAR-YOGA

Iyengar yoga emphasizes on detail, precision and alignment in the performance of-yoga-posture-and breath control. The development of strength, mobility and

stability is gained through the postures.

### MINDFUL FLOW YOGA

A Hatha/Flow inspired class that allows your body, mind and spirit to connect by using Pranayama (breath-work), asana (posture), alignment and meditation to build strength and flexibility in the body while training the mind to become more present.

### YOGA FLOW

A dynamic practice of postures, breath and concentration with an emphasis on functional anatomy, bio-mechanics and alignment principles designed to develop a strong foundation of flexibility, strength and endurance for greater health, vitality and mental clarity. Yoga props can be used to ensure comfort and alignment.

### YOGA FOR A BETTER BACK

Yoga for a Better Back will awaken and energize your body and mind to gain focus for the day. Practice flows and poses specifically selected to help prevent and improve chronic back pain. You will fortify your posture, improve alignment of the neck and spine, and revamp shoulder, back and hip flexibility.

## CYCLING

### CYCLING

An exhilarating, body changing class that integrates music and motivation in a non-impact workout. A terrific cardiovascular and lower body workout for participants of all fitness levels! No cycling background needed. Come ride with us!

## POOL

### AQUA-FIT

A challenging and FUN water workout designed to increase cardiovascular endurance, muscular endurance, flexibility and well being. Includes conditioning with water resistance tools, abdominal work and stretching. All levels welcome.

### MASTER SWIM WITH A COACH

A structured swim workout led by a coach. This class is designed to improve overall swim performance.

### MASTER SWIM WITHOUT A COACH

A time designated for master swimmers. A new workout will be posted each week by the pool.

## PILATES REFORMER STUDIO

### ATHLETIC FLOW PILATES

Pilates equipment based class focusing on building athletic capacities to perform in a day to day activities at an optimum level. Recommended for dancers and sports enthusiasts!

### CARDIO BOOST PILATES

This Pilates equipment class is geared toward raising the heart rate through the volume of movements in a flow sequence. You will leave the class energized and rejuvenated, strong and focused.

### DYNAMIC GRACE PILATES

Whole body movement practice inspired by Pilates and dance while exploring deeper mind body connection, ease in movement, and grace within strength.

### FASCIAL CORE PILATES

Whole body movement experience connecting with the intelligence of the body and how connective tissue movement creates a supporting system within the body through awareness.

### INNER STRENGTH PILATES

Connecting with your inner strength. A movement practice using the Pilates apparatus with controlled attention and inspired by the element of TaiChi, facilitating the energetic flow.

### NTERVAL TRAINING PILATES

Experience a variety of movements through Pilates equipments for strength and flexibility. You will go through from one movement to another to give variation in your body to keep going!

### KINETIC CONNECTION PILATES

Fun movement practices using the Pilates apparatus to improve your proprioception and the awareness of the body to facilitate an optimum function in your everyday life.

### STRENGTH & HEAL

Pilates class using a variety of apparatus that focuses on becoming strong through attention and precision. The class intention is to bring healing through becoming stronger.