

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 Cycle CYC	6:00-6:50 Cycle CYC	6:00-6:50 Cycle CYC	6:00-6:50 Cycle CYC	6:00-6:50 Interval Strength GF	8:10-9:00 Cycle CYC	9:10-10:00 Cycle CYC
6:00-6:30 Abs & Arms GF	9:10-10:00 Cycle CYC	6:00-6:50 Group Sculpt GF	9:10-10:00 Group Sculpt GF	9:10-10:00 Group Sculpt GF	9:10-10:00 Group Sculpt GF	9:10-10:00 Group Sculpt GF
6:30-7:00 Cardio Blast Express GF	9:10-10:00 Group Sculpt GF	9:10-10:00 Barre Sculpt GF	10:10-11:00 WERQ! GF	10:10-11:20 Cycle, Sculpt & Stretch CYC & GF	10:10-11:00 Step it UP GF	10:10-11:10 Vinyasa Yoga GF
9:10-10:00 Group Sculpt GF	10:10-11:10 Yoga for Tennis GF	10:10-11:00 Zumba GF		10:10-11:00 Zumba GF	11:10-12:00 Cycle CYC	
10:10-11:00 Step it UP GF	11:10-12:00 TRX* GF				11:10-12:00 Zumba GF	
12:10-1:10 Hatha Yoga GF		12:10-1:00 Mat Pilates GF	12:10-1:00 TRX* GF			3:10-4:00 Be Fit to Play+ GF
4:10-5:00 Be Fit to Play+ GF		4:10-5:00 TRX* GF	12:10-1:20 Cycle, Sculpt & Stretch CYC & GF	4:10-5:00 Yoga Basics GF		
5:10-6:00 Cycle CYC	5:10-6:00 Yoga Booty Ballet GF	5:10-6:00 Core Conditioning GF	6:10-7:00 Cycle CYC	6:10-7:00 Cycle CYC		
5:10-6:00 Group Sculpt GF	6:10-7:00 Cycle CYC	6:10-7:00 Cycle CYC	6:10-7:00 Yoga Booty Ballet GF	6:10-7:00 Be Fit to Play+ GF		
6:10-7:00 WERQ! GF	6:10-6:40 Abs & Arms GF	6:10-7:00 Zumba GF				
7:10-8:00 PIYo GF	6:40-7:00 Cardio Blast Express GF	7:10-8:00 Hatha Yoga GF				
	7:10-8:00 Zumba GF	8:10-9:00 TRX* GF				
	8:10-9:10 Restorative Yoga GF					

Location Key:

CYC Cycle Studio
GF Group Fitness Studio

Class times, formats, and instructors are subject to change without notice. Please check studio door for updated changes. Classes with low attendance are subject to cancellation.
+Participation requires enrollment in the Junior Competitive Program.
***Fee Required.**

Abs & Arms- 30 minutes of core and upper body exercises.

Barre Sculpt- This full-body workout targets the arms, abs, thighs and seat. The class uses the principals of classical ballet training to promote a long, toned and powerful body shape with beautiful posture.

Be Fit to Play- Be Fit to Play is designed to develop junior players' physical and athletic skills and prevent injury. Sessions will focus on developing a player's strength, speed, agility, flexibility and power.

Cardio Blast Express- Cardio Blast is an intense cardio workout focused on building strength and stamina. This class accompanies your abs & arms class.

Core Conditioning- This strength training class focuses on your abs and back.

Cycle- Experience a high energy cycle workout that enhances cardiovascular endurance and muscular strength. This all-level class includes warm-up, cardio, cool-down and stretching.

Cycle, Sculpt & Stretch- An indoor cycle workout followed by 10 minutes of upper body/core sculpting and 10 minutes of stretching.

Group Sculpt- Total body strength conditioning utilizing weights, tubes and bands.

Hatha Yoga- A mind, body and spirit experience that incorporates strength, breathing and meditative relaxation.

Interval Strength- This class will take you through a series of exercise stations to enhance speed, agility and strength.

Mat Pilates- A mat based workout designed to improve your posture, core, stability and flexibility.

PiYo- PiYo is a class that combines Yoga poses with Pilates mat exercises to build CORE strength and enhance agility and balance. PiYo is a faster paced class than Yoga Basics and provides a moderately challenging workout similar to Vinyasa yoga.

TRX Group Strength*- See dedicated TRX Program brochure for details.

Restorative Yoga- Restorative yoga focuses on opening, releasing and relaxing the body in restful postures., allowing the body to renew and heal. These postures gently stretch and rehabilitate the connective tissues that form our joints allowing us to maintain and restore joint flexibility. No yoga experience required.

Step it UP- A 50-minute step workout that strengthens and shapes your lower body. Step your way to fitness and enjoy energetic music.

Vinyasa Yoga- Synchronized movement and breathing while linking poses together in a flow for increased flexibility, strength, balance and serenity.

WERQ- WERQ begins with a dynamic warm-up to prep the muscles for 360 degree movement and a preview of the moves used throughout the class. WERQ uses all your favorite current pop, rock and hip hop hits, so the dance steps come easy. Expect to burn some major calories in this class.

Yoga Basics- For newer yoga participants or those primarily interested in a gentle approach and relaxation.

Yoga Booty Ballet- YBB is a dynamic fusion of light hearted easy-to-follow cardio dance, lower body sculpting ballet and relaxing basic Hatha Yoga.

Yoga for Tennis- Whether you are just starting out, or an accomplished tennis player, improve your athletic performance with Yoga for Tennis. Flexibility, strength and breath control, which are part of every yoga posture, are the key to on-court improvement.

Zumba- Experience this hot combination of Latin and Caribbean music and dance movements. High-energy.

Group Fitness General Information:

- No additional fees for any class unless otherwise noted.
- Classes may require a sign-up, available at the front desk.
- For more information, contact the Group Fitness Director, Angela Gusman.

During class:

- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy to your fellow members, please clean your equipment after use.
- Please avoid wearing perfume and cologne in the studio.
- Please bring drinking water for your workout.
- If you bring your cell phone to class, please make sure it is in silent mode and take all phone calls in the hallway.
- Please respect the group's workout, excessive talking during classes is not permitted.
- The Group Fitness Studio is welcome for independent use between classes.