

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Muscle Express Studio A Kristen/Mary 8:30-9:30 Restorative Yoga Studio C Beatrice 9:30-10:15 Cycle Studio B Kelly 10:15-10:45 Group Core Studio A Natalie	6:00-6:45 Cycle Studio B Kathy 9:30-10:30 Group Active™ Studio A Vanessa	6:00-6:45 Group Power™ Studio A Natalie 6:45-7:15 Group Core Studio A Natalie 9:30-10:15 Cycle Studio B Kelly 9:30-10:30 Zumba(starts 2/8) Studio A Summer	6:00-7:00 Beg./Int Yoga Studio C Leslie 8:30-9:30 Qi Gong Studio C Beatrice 9:30-10:30 Group Power™ Studio B Robin	6:00-6:45 Cycle Studio B Kathy 6:00-7:00 Group Active™ Studio A Kristen 8:30-9:15 Cycle Interval Studio A Kelly (starts 2/3) 9:30-10:30 Beg./Int. Yoga Studio C Teresa	8:30-9:15 Cycle Studio B Kathy 8:30-9:30 Group Step™ Studio A Frank 9:30-10:30 Group Power™ Studio A Vicki 10:30-11:30 Pilates Mat Studio C Vanessa 2:00-3:00 Zumba Studio A Liz	8:45-9:15 Group Core Studio A Frank 9:15-10:15 Group Active™ Studio A Frank 9:30-10:15 Cycle Studio B Linda 10:30-11:30 Cycle Plus Studio B Christy 10:30-11:30 Beg. Yoga Studio C Amanda 10:30-11:30 Group Kick Studio A Frank
				4:30-5:15 Cycle Studio B Kelly		
5:30-6:15 Cycle Studio B Vanessa H. 5:30-6:30 Group Active™ Studio A Tracey 6:30-7:30 Beginning Yoga Studio C Tracey 6:30-7:30 Zumba Studio A Vanessa 7:30-8:30 Group Power™ Studio A Frank	5:30-6:30 Pilates Mat Studio C Vanessa 6:30-7:15 Step Express Studio A Vanessa 7:15-7:30 Core Express Studio A Vanessa 7:30-8:30 Cycle Plus Studio B Christy	5:30-6:15 Cycle Interval Studio B Kelly 6:15-6:30 Core Express Studio A Kelly 6:30-7:30 Pilates Mat Studio C Tracey 6:30-7:30 Group Power™ Studio A Frank 7:30-8:30 Vinyasa Yoga Studio C Tracey 7:30-8:30 Group Kick™ Studio A Frank	5:30-6:15 Group Power™ Studio A Vicki 6:15-6:45 Group Core Studio A Vicki 6:45-7:30 Cycle Studio B Vanessa H. 6:45-7:45 Group Step™ Studio A Tracey/Vicki			
<p>Class times, formats, and instructors are subject to change without notice. Classes with low attendance are subject to cancellation.</p>						

Beg./Int Yoga- For new yoga participants or to those primarily interested in a gentle approach and relaxation. **Intermediate –** For those with prior yoga experience and those interested in a more challenging class.

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

Cardio Interval- This high energy class combines intervals of various forms of cardiovascular exercise.

Core Express- Work the abs and lower back in this fast and fun format.

Cross-Train- This class is full of challenging combinations of cardio and strength utilizing several different formats, including step, cardio, weights, tubing and more.

Cycle- An indoor cycling cardio workout for all fitness levels.

Cycle Interval- A 60 minute high-energy workout utilizing the indoor bikes for cardio and weights for resistance training. A total body interval workout!

Cycle Plus- A 60 minute indoor cycling challenge for all fitness levels.

Cycle, Stretch and Abs - This 90 minute class features a 45 minute cycle class followed by a 30 minute stretch. It ends with 15 minutes of exercises specific to the core. Come for a part of the class or enjoy the whole experience!

Group Active™- 60-minute class that will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive and motivating group environment.

Group Power™- 60-minute barbell program that strengthens all of your major muscles with simple athletic moves.

Group Step™- A compelling 60-minute cardio program to strengthen and shape the lower body by utilizing the step in many positions and heights.

Group Kick™ - This electric 60 minute fusion class of martial arts and boxing movements is guaranteed to kick your cardio fitness to the next level.

Muscle Express- A 30 minute whole body muscle toning workout. This quick and efficient class will focus on functional exercises using both the upper and lower body with a variety of resistance equipment.

Pilates Mat- Lengthen and strengthen the body using the core muscles of the abdominals and back.

Pilates Stretch Express- A 30 minute stretch class using a Pilates foundation for movement, stretching and core.

Power Yoga- A vigorous, flowing class that offers a challenging workout, building strength, flexibility, endurance and body awareness. This is a fast-paced class and some yoga experience is recommended.

Qi Gong- This ancient martial arts practice employs powerful and graceful movements to create strength, vitality and greater body control.

Restorative Yoga- This is a gentle, therapeutic style of Yoga that uses props to support the body to deepen the benefits of the postures. It is a soothing and nurturing practice that promotes the effects of conscious relaxation, quieting the mind & body. Recommended for all levels.

Step Express- A low-impact, multi-level workout using the step. All fitness levels welcome.

Vinyasa Yoga- This 60-minute Yoga class synchronizes your movements and breathing, linking postures together in a consistent flow. Cultivate flexibility, strength, balance and serenity. Previous yoga experience recommended.

Zumba- Experience this hot combination of Latin and Caribbean music and dance movements. This is a high-energy cardio training class which is appropriate for all ages and fitness levels.

Group Exercise General Information:

- No additional fees for any class unless otherwise noted.
- Some classes may require a sign-up, available at the front desk.
- Instructor substitutions may occur without notice.
- For more information, contact the Group Exercise Director.

During class:

- For your safety, as well as in consideration of others, please arrive to class on time. If you arrive late, please be mindful of other participants.
- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy, 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.

Group Exercise Director

Tracey Enos

Email: tracey.enos@midtown.com