

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00 BodyPump GE Tiffany 10:00-11:00 Yoga GE Ann	5:45-6:45 Cycle CST Mari 9:30-10:30 Zumba GE Kristen 10:30-11:30 Step GE Sallie	9:00-10:00 BodyPump GE Mandy 10:00-11:00 Pilates Mat GE Mandy	5:45-6:45 Cycle CST Wendi 8:45-9:45 Yoga GE Mandy 11:00-12:00 Total Body Conditioning GE Leslie	9:00-10:00 Cardio Kickboxing GE Connie 9:00-10:00 Cycle CST Nancy 10:00-11:00 Total Body Conditioning GE Tiffany	8:00-9:00 Boot Camp GE Wayne 8:30-10:00 Cycle CST Mari 9:00-10:00 Step GE Leslie 10:00-11:00 Total Body Conditioning GE Leslie 11:00-12:00 Zumba GE Kristen	8:15-9:15 Cycle CST Tiffany 9:30-10:30 BodyPump GE Tiffany 10:30-11:30 Yoga GE Marlene
12:00-1:00 Cycle CST Tiffany 12:00-1:00 Zumba GE Emily	12:00-1:00 Cardio and Strength Conditioning GE Leslie	12:00-1:00 Cycle CST, Tiffany 12:00-1:00 Yoga GE Emily	12:00-1:00 Zumba GE Emily	12:00-1:00 Yoga GE Marlene		
5:30-6:30 BodyPump GE Bobby 6:00-7:00 Cycle CST Nancy 6:30-7:30 Kickboxing GE Bobby	5:30-6:30 Total Body Conditioning GE Slayton 6:30-7:30 Yoga GE Marlene	5:30-6:30 Step GE Ann 5:30-6:30 AquaFit GE/Pool VJ 6:00-6:45 Start Up Cycle CST Nancy 6:30-7:30 Zumba GE Emily	5:30-6:30 Cycle CST Mari 5:30-6:30 Boot Camp GE Wayne 6:30-7:30 Pilates Mat GE Kendra			

Location Key:

CST Cycling Studio
GE Group Exercise Studio
PRS Pilates Reformer

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.

Special Events and Programs:

Event Name	Date/Time	Comp or \$\$\$
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Aqua Zumba- Experience the hot combination of Latin American music, dance and fitness movements in the water.

Cardio and Strength Conditioning- A mix of cardio and strength conditioning. Using a variety of equipment.

Cardio Kickbox- A multi-level cardio class using martial arts and boxing movements.

Core Conditioning- A strength training class focusing on abs and back.

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

Kickboxing- A multi-level cardio class using martial arts and boxing movements. Also, may include boot camp fitness activities to increase strength and endurance.

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

Pilates Reformer Group (Paid)- Pilates Reformer training is a comprehensive exercise method for strengthening core, increasing body awareness and improving flexibility through the spine and lower back. Fee based program.

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.

Step - Multi-level cardio step class with some complex choreography. Will include multi-directional choreography and impact moves.

Step & Strength Conditioning- A multi-level class that incorporates cardio training utilizing the step for one half of the class followed by strength exercises for the second half.

Total Body Cond.- Build muscular strength and endurance, burn fat, and tone muscles of the body using the weighted bars, bands, stability balls, and hand weights making this class suitable for all fitness levels!

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

Zumba- Experience this hot combination of Latin and Caribbean music and dance movements. High-energy cardio training for all levels.

20/20/20- 20 min. of high energy cardio, 20 min. of strength conditioning followed by Core and stretching. A total Body Workout!

BodyPump-This workout challenges all major muscle groups, a total body workout utilizing Powerful motivating music, choreographed moves by trained Instructors and your choice of weight makes this workout for all 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.
- Any class offered outdoors may be relocated or cancelled due to weather.
- Instructor substitutions may occur without notice.
- For more information, contact the Group Exercise Director.

During class:

- 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 phones calls in the hallway.
- Please respect the group's workout, excessive talking during classes is not permitted.