

CLASS DESCRIPTIONS

BARRE

High energy class that combines Pilates core work with Barre and sculpting exercising to chisel the abs and create a strong and lean body.

BODYSHRED

Developed by Jillian Michaels, BodyShred is a high intensity and endurance based 30 minute workout.

BOXING

Learn to jab, slip, bob and weave in this awesome foundation class. Enjoy interval work on the heavy bag combined with compound core movements that will have you conditioned like a fighter in no-time.

BURN

Will sculpt, tone and strengthen your entire body fast using cutting edge choreography.

CARDIO AQUA

A low-impact muscle-toning and fat-burning workout in our pool. Aqua weights are used for added resistance.

CARDIO FIT

Remember step class? It's a new twist on an old favorite.

CARDIO FLOW YOGA

Powerful, energetic form of yoga in which students move from one pose to the next while connecting the breath to the movements.

CARDIO SCULPT

Heart pumping mixture of strength and aerobic movements.

MUSCLE PUMP +

Designed to give you a total body workout using body weight and weights. Increases strength and tones muscles you never knew you had. Includes cardio bursts, circuits and interval training.

CYCLE 90

90 minutes of heart pumping, quad burning, cycling goodness.

SENIOR AQUA

Low-impact cardio workout in downtown's only lap pool.

CYCLING

Motivational cardiovascular conditioning with interval efforts and cadence drills to enhance muscle endurance.

HARDCORE PILATES

Take your Pilates experience to the next level with this class geared towards enhancing core stability with the use of Bosu, stability balls and foam rollers.

MAT PILATES

Improve your balance, strength and posture with Pilates performed on a mat.

INSANITY®

Get into shape in record time with Max Interval Training. You'll perform long bursts of high-intensity exercise, followed by shorter periods of rest—the opposite of traditional cardio methods. You can burn up to 1,000 calories per workout, and get lean and ripped without any weights or equipment.

DESIGNERX

Bootcamp combining moderate-high intensity cardio aerobics, kickbox, strength circuits, and core sculpting for a total body workout.

POWER STRENGTH

A complete body conditioning work out that utilizes weights to improve strength.

POWER YOGA

The perfect blend of sweat and serenity; challenging and dynamic, balancing intense holds with movement from one pose to the next.

TRI TRAINING

Train like a real triathlete with our ultimate workout consisting of running, cycling and swimming.

ZUMBA®

Latin inspired dance work-out system that will have you sweating to the music.

SUMMER 2015 CLASS SCHEDULE

	MORNING	MIDDAY	EVENING
M	<p>CYCLING ● 6:15 - 7:00</p> <p>BURN ● 6:45 - 7:45</p> <p>SENIOR AQUA ● 8:15 - 9:00</p> <p>CARDIO FLOW YOGA ● 11:30 - 12:15</p> <p>CARDIO SCULPT ● 11:30 - 12:10</p>	<p>CYCLING ● 12:10 - 12:55</p> <p>BURN ● 12:15 - 12:55</p> <p>FLIPPER AEROBICS ● 12:15 - 12:55</p> <p>HARDCORE PILATES ● 1:15 - 1:55</p>	<p>CYCLING ● 5:15 - 6:00</p>
T	<p>INSANITY ● 6:00 - 6:55</p> <p>POWER STRENGTH ● 11:30 - 12:10</p> <p>POWER YOGA ● 11:30 - 12:15</p>	<p>BODY SHRED ● 12:15 - 1:00</p> <p>MAT PILATES ● 12:20 - 1:00</p> <p>CYCLING ● 1:00 - 1:45</p> <p>BARRE ● 1:15 - 1:55</p>	<p>BOXING ● 5:30 - 6:15</p>
W	<p>CYCLE90 ● 5:45 - 7:15</p> <p>BURN ● 7:00 - 7:55</p> <p>CARDIO FIT ● 11:30 - 12:10</p>	<p>ZUMBA® ● 12:15 - 12:55</p> <p>CARDIO AQUA ● 12:15 - 12:50</p> <p>BURN ● 1:00 - 2:00</p> <p>MAT PILATES ● 1:15 - 1:55</p>	<p>CYCLING ● 5:15 - 6:00</p>
TH	<p>DESIGNERX ● 6:00 - 7:00</p> <p>POWER YOGA ● 11:30 - 12:10</p> <p>FIRM ACTION ● 11:30 - 12:10</p>	<p>CYCLING ● 12:00 - 12:45</p> <p>BODYSHRED ● 12:15 - 1:10</p> <p>BOXING ● 1:15 - 1:55</p> <p>CARDIOFLOW YOGA ● 1:15 - 1:55</p>	<p>BOXING ● 4:30 - 5:15</p>
F	<p>CYCLING ● 6:00 - 7:00</p> <p>BOXING ● 6:00 - 6:45</p> <p>SENIOR AQUA ● 8:15 - 9:00</p> <p>TRI-TRAINING ● 10:00 - 11:00</p> <p>MUSCLE PUMP ● 11:30 - 12:10</p>	<p>HARDCORE PILATES ● 12:15 - 12:55</p>	<p>MONDAY - THURSDAY 5:30 am - 8:00 pm</p> <p>FRIDAY 5:30 am - 7:00 pm</p> <p>SUNDAY 8:00 am - 1:00 pm</p>

- GROUP ROOM
- TURF
- BOXING ROOM
- MIND + BODY STUDIO
- CYCLING
- POOL

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