

GROUP FITNESS CLASS SCHEDULE

To take a class, check-in at the front desk and pay the drop-in fee or scan your punch pass to receive a class pass. Take the class pass to the instructor . Class passes are given on a first-come first-serve basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TOTAL BODY Aerobics Studio 6:15 -7:45 AM	CRANK IT UP FITNESS Basketball Gym 8 - 9 AM	SPIN Aerobics Studio 6-7 AM	CRANK IT UP FITNESS Basketball Gym 8 - 9 AM	YOGA HEALTH & VITALITY Aerobics Studio 9:45 - 11 AM	POWER HOUR Aerobics Studio 9 - 10 AM
BALANCE Aerobics Studio 8 - 8:45 AM	SENIOR MODIFIED FITNESS Aerobics Studio 8:30 - 9:30 AM	TOTAL BODY Aerobics Studio 8 - 9:15 AM	SENIOR MODIFIED FITNESS Aerobics Studio 8:30 - 9:30 AM	TABATA Free Zones 12 - 1 PM	
YOGA HEALTH & VITALITY Aerobics Studio 9:45 - 11 AM	SENIOR MODIFIED FITNESS Aerobics Studio 9:30 - 10:30 AM	YOGA HEALTH & VITALITY Aerobics Studio 9:45 - 11 AM	SENIOR MODIFIED FITNESS Aerobics Studio 9:30 - 10:30 AM		BOXING CARDIO Basketball Gym 1:15 - 2:15 PM
SENIOR DANCE FITNESS Aerobics Studio 11:15 - 12:15 PM	SPIN Aerobics Studio 12- 1 PM	SENIOR DANCE FITNESS Aerobics Studio 11:15 - 12:15 PM	SPIN Aerobics Studio 12- 1 PM		
PURE PILATES Aerobics Studio 6 - 7 PM	CORE VINYASA YOGA Aerobics Studio 6 - 7 PM	BOXING CARDIO Basketball Gym 12 - 1 PM	CORE VINYASA YOGA Aerobics Studio 6 - 7 PM		
		POWER HOUR Aerobics Studio 6 :30- 7:30 PM			
					SUNDAY

Group Fitness Class pricing

\$4 drop-in fee per class

\$40 for 15-class punch pass

\$75 for 3 month unlimited punch pass

50% discount will be applied to anyone over the age of 50

Updated 1/3/2024

WEDNESDAY
AM SPIN
STARTS JAN 10

Boxing Cardio

This 60-minute class will give you a great cardio and strength workout. Begin with 15-minute calisthenics, then 3-minute rounds that include basic boxing combinations following a 1-minute active rest. The last 15- minutes is a wrap up of exercises focusing on your core and floor work to help you cool down.

Location: basketball gym

Yoga Health & Vitality

A fun, eclectic yoga practice designed to rejuvenate the body, quiet the mind, and cool the emotions. Increase strength, flexibility and vitality, while reducing stress, tension and anxiety. Emphasis is on alignment and safety. No yoga experience necessary. All ages welcome.

Location: 2nd floor aerobics studio

Crank It Up Fitness

Looking for a fun way exercise? All fitness levels are invited to join! This class includes everything: cardio, weights, core training and a relaxing stretch. Class includes intervals combined with active recovery designed to train the body for improved performance and calorie burning.

Location: basketball gym

Tabata

Tabata is a fun and innovative HIIT workout with a two-to-one work-to-rest ratio. it is designed to elevate your heart rate to an anaerobic zone and give the body a short window to recover. By pushing your body into the anaerobic zone, you burn more calories both during and after your workout.

Location: Free Zone 1

Power Hour

If you are looking for a class to even out your workout schedule, join us for Power Hour! This bootcamp-style high intensity class is full of muscle toning and heart racing interval training.

Location: 2nd floor aerobics studio

Senior Dance Fitness

Bored with the treadmill? Need a new way to stay in shape? Try out Senior Dance Fitness. There is absolutely no experience required to take this class!

Senior Modified Fitness

Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Meet some new friends and get fit together safely with great instruction. The class is designed for ages 50 and older.

Location: 2nd floor aerobics studio

Balance Class

Have you been thinking about working on your balance, but aren't sure how? Has your doctor suggested strength training for balance? This class is designed to work on balance issues or to be more proactive. The exercises will focus on lower body, core, and ankles.

Location: 2nd floor aerobics studio

Spin

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers.

Location: 2nd floor aerobics studio

Total Body

You won't get bored during this Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes are split into two parts; join us for one half, or both!

**Motivated Mondays 6:15-7 strength/7-7:45 cardio
Wednesday 8-9 stretch/9-9:15 flex**

Location: 2nd floor aerobics studio

Core Vinyasa Yoga

This dynamic class will improve your strength, flexibility, muscle tone and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind.

Location: 2nd floor aerobics studio

Pure Pilates

Pure Pilates is a strictly mat class focused on core strength. This class is designed for intermediate to experienced levels, but all levels of skill and fitness are welcome!

Location: 2nd floor aerobics studio