



Main Studio

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|-------------------------------------|---|----------------------------------|--|----------------------------------|---|
| 5:15-6:00 a | Ultimate Workout Jenna | Ultimate Workout Victoria | Ultimate Workout Jenna | Ultimate Workout Victoria | | 10:00 - 11:00 a Vinyasa Yoga Laura |
| 8:00 - 9:00 a | Vinyasa Yoga Kathryn | Muscle Pump Shauna | Vinyasa Yoga Kathryn | Muscle Pump Shauna | Vinyasa Yoga Jenna | |
| 9:00 - 10:00 a | Ultimate Workout Victoria | Pilates and Toning Shauna | HIIT Shauna | Pilates and Toning Shauna | Core/HIIT Shauna | |
| 10:00 - 11:00 a | Gentle Yoga Blaise | Vinyasa Yoga Kaitlyn | Gentle Yoga Kathryn | Vinyasa Yoga Kaitlyn | Gentle Yoga Blaise | 1:00p - 2:00p SPIN Laura |
| 11:00-11:50a | | | | PWR!Moves Jenna | | |
| 12:15-12:45p | Small Group \$\$ Jenna | Core Jenna | Small Group \$\$ Jenna | Core Jenna | Small Group \$\$ Jenna | |
| 6:30 - 7:30 p - | Zumba Debbie | Strength & Flexibility Yoga Laura | Zumba Debbie | Line Dancing Til 8:30 - Mireya | | |
| 7:30 - 9:00 p | | | Line Dancing Mireya | | | |

Strength

Yoga

Cardio

\$\$ Indicates small fee

Studio 1

| | | | | | |
|-----------------|--|--|--|--|--|
| 9:00 - 10:00 a | | | | | |
| 12:15 - 12:45 p | | | | | |
| 6:30 - 7:20 p | | | | | |

Spin Studio

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|---------------|----------------------|-----------------------|----------------------|----------------------|--|
| 6:15 - 7:00a | Spin Jenna | | Spin Jenna | | |
| 6:00 - 7:00 p | Spin Laura | Spin Shauna | | Spin Laura | |

Aquatics

| | | | | | |
|--------|-----------------------------|-----------------------------|---------------------------|-----------------------------|---------------------------|
| 8:00 a | Aquarobics Sara | Aquarobics Sara | Aquarobics Sara | Aquarobics Sara | Aquarobics Sara |
| 9:00 a | Aquarobics Sara | Aquarobics Sara | Aquarobics Sara | Aquarobics Sara | Aquarobics Sara |
| 5:00 p | Aquarobics Jerian | Aquarobics Jerian | | Aquarobics Jerian | |
| 6:00 p | Aquarobics Lea | Aquarobics Lea | | Aquarobics Lea | |

CHILDCARE

Mon - Fri

8 am - 12 pm

4 pm - 8 pm

Sat

8 am - 12 pm

GYM HOURS

Mon - Thur

5 am - 10 pm

Fri

5 am - 9 pm

Sat

7 am - 6 pm

Sun

1 pm - 6 pm

**mission
FITNESS**

Class Descriptions

Cardio

Aquarobics-This class makes a splash! A fun group exercise class in the water that is low-impact but high on fun. The water is great so come on in for a good time!

Cardio Dance – A hybrid of dance choreography and cardio exercises to music, creating a heart-pumping workout to keep your body in constant motion. It's the type of exercise that feels more like a party than anything else. Don't be fooled though. This is a body-burning experience.

Line Dancing - Get ready to scoot your boots in choreographed dances with a repeating series of steps performed in unison by a group of people in lines or rows, most often without the dancers. Who knew exercise could be so fun?

Spin- Come along for a ride with our instructors. Improve your cardio and lower body endurance. They are sure to push you to a great workout!

Zumba- A fusion of Latin and International music/dance themes that create a dynamic, exciting, and effective fitness system! The routines feature fast and slow rhythms that tone and sculpt the body. It is a mixture of body-sculpting movements with easy-to-follow dance steps.

Barre Blend-is a hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches.

Strength

Core - Strengthen core muscles using light weights and bodyweight exercises.

HIIT- (High Intensity Interval Training). This class can be scaled to individuals of all fitness levels. Whether beginner or advanced, the various exercises can be adapted to ensure you are improving your fitness safely.

Muscle Pump – Total Body Resistance/cardio-focused class to tone and build endurance.

Pilates - can improve muscle tone, flexibility, and strength, as well as, help you heal from injuries.

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Ultimate Workout – Strength training using body weight, barbells, kettlebells, and bands. Increase your total body functional strength, muscular endurance and help build lean muscle.

Flexibility

Gentle Yoga- This form of yoga provides therapeutic modifications to common yoga poses and allows relaxation for both mental and physical well-being.

Hatha Yoga- Practice of Yoga Poses and Pranayama (breathing exercises) which help to bring peace to the mind.

Restorative yoga is a passive yoga practice that focuses on relaxation and stillness. It involves holding gentle poses for extended periods, often with the support of props like blankets, bolsters, and blocks. The goal is physical, mental, and emotional relaxation without strain or pain.

Strength and Flexibility exercises will help you increase muscle strength, maintain bone density, improve balance, and reduce joint pain.

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Vinyasa Yoga- Connect the mind with the body through breathing, stretching, and strengthening poses. Spend time holding yoga poses to increase your flexibility and strength then finish with deep relaxation.