



2023

## Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00a		<b>POWER HOUR</b> Jordan	<b>POWER HOUR</b> Jordan	<b>POWER HOUR</b> Jordan		<b>Vinyasa Yoga</b> Ashley
8:00-9:00a	<b>Vinyasa Yoga</b> Kathryn	<b>Muscle Pump</b> Shauna	<b>Vinyasa Yoga</b> Kathryn	<b>Muscle Pump</b> Shauna	<b>Vinyasa Yoga</b> Kathryn	
9:00-10:00a	<b>PILATES</b> Shauna	<b>PILATES &amp; TONING</b> Shauna	<b>HIIT</b> Marisella	<b>BARRE BLEND</b> Sarah	<b>CORE &amp; BODY BURN</b> Yvette	
10:00-11:00a	<b>GENTLE YOGA</b> Blaise		<b>GENTLE YOGA</b> Kathryn		<b>GENTLE YOGA</b> Blaise	
5:30-6:00p	<b>HIIT</b> Randy		<b>HIIT</b> Randy			
6:30-7:30p	<b>ZUMBA</b> Naomi	<b>ZUMBA</b> Debbie	<b>ZUMBA</b> Naomi	<b>ZUMBA</b> Debbie	<b>ZUMBA</b> Naomi	
7:30-9:00p			<b>Line Dancing Class</b> Mireya			

## Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	<b>GYM HOURS</b> Mon-Thurs 5 am - 10 pm <b>Friday</b> 5 am - 9 pm <b>Saturday</b> 7 am - 6 pm <b>Sunday</b> 1 pm - 6 pm
9:00a	<b>ZUMBA</b> Karyn		<b>ZUMBA</b> Karyn	<b>CIRCL MOBILITY</b> Marisella	<b>ZUMBA</b> Karyn	
10:00a	<b>Strong Nation</b> Marisella		<b>Strong Nation</b> Marisella			
12:15-12:45 PM	<b>Treadmill HIIT</b> Jenna	<b>CORE</b> Jenna	<b>Treadmill HIIT</b> Jenna	<b>CORE</b> Jenna		
7:00-7:50p	<b>HATHA/GENTAL FLOW</b> Fae	<b>VINYASA YOGA</b> Ashley	<b>HATHA/GENTAL FLOW</b> Fae			

## Spin Room

9-9:45a	<i>Spin</i> Marisella	<i>Spin</i> Marisella				
6:00p		<i>Spin</i> Shauna		<i>Spin</i> Shauna		

## Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara
9:00a	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara
5:00p	<b>Aquarobics</b> Jerian	<b>Aquarobics</b> Jerian		<b>Aquarobics</b> Jerian	
6:00p	<b>Aquarobics</b> Lea	<b>Aquarobics</b> Lea		<b>Aquarobics</b> Lea	
7:00p		<b>Aqua Zumba</b> Naomi		<b>Aqua Zumba</b> Naomi	

## Group Fitness Class Descriptions

**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!

**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. Barre also focuses on high reps of small range movements.

**CIRCL Mobility** - Based on the science of functional movement, CIRCL Mobility focuses on flexibility, breathwork, and mobility exercises.

**Core** - Strengthen core muscles using light weights and body weight exercises.

**Core & Body Burn** – Strengthen core using light weights and body weight exercises.

**Gentle Yoga-** This form of yoga seeks to provide therapeutic modifications to common yoga poses and allow relaxation for both mental and physical wellbeing.

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

**HIIT-** The perfect workout based on the format of 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.

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

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

**Power Hour-** Barbells, Kettlebells, Dumbbells are the focus of this functional movement class focused on improving strength and endurance. Kick start your day for a clear mind ready for the day ahead!

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

**Pilates & Toning** - Improve muscle tone, flexibility and strength, as well as help you heal from injuries.

**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!

**Strong Nation-** combines body weight, muscle conditioning, cardio and plyometric training, synced to original music that has been specifically designed to match every single move.

**Treadmill HIIT** - Take full advantage of the treadmill's capabilities by alternating pace and incline throughout your workout. The different intervals not only keep the workout interesting but also keep your body guessing. On FITNESS FLOOR.

**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.

**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.