### Group Fitness Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>6:15-7:00 am POUND (Kristin)</td>
<td>6:30-7:15 am Zumba (Dayanna)</td>
<td>6:30-7:30 am Rise &amp; Shine Yoga (Mckenzie)</td>
<td>7:00-7:30 am Mindful Meditation (Sarah N)</td>
<td>10:00-11:00 am Mixed LvlS Yoga</td>
<td>10:30-11:30 am Zumba (Jacye)</td>
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<td>7:00-8:00 am Rise &amp; Shine Yoga (Sarah H)</td>
<td>6:30-7:30 am Rise &amp; Shine Yoga (Mckenzie)</td>
<td>7:00-7:45 am Mindful Meditation (Sarah N)</td>
<td>8:30-9:30 am Booty Barre (Holly)</td>
<td>10:15-11:10 am Morning Ride</td>
<td>12:00-12:45 pm Total Body Toning (Kirsten)</td>
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<td>8:30-9:30 am Jump Start (Nadeen)</td>
<td>8:00-9:00 am Barre (Holly)</td>
<td>8:30-9:30 am Jump Start (Nadeen)</td>
<td>8:00-8:45 am Booty Barre (Holly)</td>
<td>8:30-9:30 am Jump Start (Nadeen)</td>
<td>12:00-12:45 pm Total Body Toning (Kirsten)</td>
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<tr>
<td>12:00-12:45 pm Buttz &amp; Gutz (Gabby)</td>
<td>12:00-12:50 pm Yin Yoga (Sarah N)</td>
<td>12:00-12:45 pm Total Body Toning (Gabby)</td>
<td>3:45-4:45 pm Yin Yoga (Colin)</td>
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<td>4:30-5:00 pm Mindful Meditation (Colin)</td>
<td>5:00-5:20 pm Extreme Core (Kirsten)</td>
<td>5:30-6:20 pm POUND (Kristin)</td>
<td>12:00-12:45 pm Total Body Toning (Kirsten)</td>
<td>5:15-6:15 pm Cycle &amp; Core (Sarah H)</td>
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<tr>
<td>5:30-6:20 pm POUND (Kristin)</td>
<td>6:15-7:00 pm Advanced Yoga (Hannah)</td>
<td>6:15-7:00 pm Power Training (Lisa)</td>
<td>6:15-7:00 pm Advanced Yoga (Hannah)</td>
<td>6:15-7:00 pm Cycle 45 (Lisa)</td>
<td>7:00-8:00 pm Cycle &amp; Strength (Sydney)</td>
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<tr>
<td>6:30-7:15 pm Cardio Kickboxing (Kristin &amp; Krist)</td>
<td>6:30-7:20 pm Zumba (Abena)</td>
<td>6:30-7:30 pm Zumba (Joe)</td>
<td>6:30-7:20 pm Dance Fusion (Raychann)</td>
<td>6:30-7:20 pm Dance Fusion (Raychann)</td>
<td>7:30-8:20 pm Zumba (Jacob &amp; Mitze)</td>
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<tr>
<td>6:30-7:15 pm Cycle 45 (Paige)</td>
<td>7:00-8:00 pm Mixed LvlS Yoga (Laure)</td>
<td>6:45-7:45 pm Mixed LvlS Yoga (Colin)</td>
<td>8:00-8:20 pm Extreme Core (Alex)</td>
<td>7:30-8:30 pm Extreme Core (Alex)</td>
<td>8:00-9:15 pm Advanced Yoga (Laura)</td>
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<tr>
<td>7:30-8:20 pm Zumba (Abena &amp; Joe)</td>
<td>7:30-8:00 pm STRONG 30 (Mitze)</td>
<td>8:00-8:20 pm Extreme Core (Alex)</td>
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<td>8:00-9:15 pm Advanced Yoga (Laura)</td>
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<tr>
<td>8:00-9:15 pm Mixed LvlS Yoga (Mitze)</td>
<td>8:30-9:30 pm Cardio Hip Hop (Alex &amp; Jillian)</td>
<td>8:30-9:30 pm Dance Fusion (Raychann)</td>
<td>8:30-9:30 pm Dance Fusion (Raychann)</td>
<td>8:30-9:30 pm Cardio Hip Hop (Alex)</td>
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**SUNDAY**

| 7:00-8:00 pm Cycle & Strength (Sydney) | | | | | |
**Group Fitness - Class Descriptions**

**Cardio & Strength**

**Buttz & Gutz:** A class specific for strengthening and toning all the muscles of your lower body and core. (All Levels)

**Cardio Hip Hop:** Your cardio workout just became more enjoyable and energizing with this hip hop format where you will spend your time learning and practicing choreographed hip hop routines, 30-40 seconds each, that you can show off to your friends! (All levels)

**Dance Fusion:** This class will have you dancing and strength training to your favorite pop songs for a sweaty and muscle toning hour. (All levels)

**Extreme Core:** An intense 20 minute workout to strengthen and tone the core and back muscles. (All levels)

**Jump Start:** A fun, yet less-rigorous aerobics class with lots of variety and functional exercises. For those who want to improve cardiovascular endurance, strengthen joints, increase flexibility, and tone muscles. (Low Impact)

**POUND:** An upbeat, energetic, get lost in the music, full body workout that combines drumming, cardio, strength training, and conditioning into an intense 45-60 minute, calorie burning class. (All levels, SPACE IS LIMITED TO 30 PATRONS)

**STRONG 30:** Strong by Zumba is a high intensity class that combines body weight training, muscle conditioning, cardio, and plyometric exercises synced to origional music that has been specifically designed to match every exercise in a 30 minute timeframe. (Intermediate/Advanced)

**Total Body Toning:** A format that brings weight training and body sculpting to your whole body in one muscle stimulating hour by using barbells, body weight, and various training equipment. (All levels)

**Zumba:** Ditch the workout and join the party with this aerobic and fun program featuring movements, music, and rhythms inspired by various styles of Latin American dance.

**Cycling**

**Cycle 45:** 45-minute indoor cycling class that challenges your endurance and enhances your cardiovascular fitness in 45 intense minutes. (All Levels)

**Cycle 60:** 60-minute indoor cycling class that challenges your endurance and enhances your cardiovascular fitness in 60 intense minutes. (All levels)

**Cycle & Core:** 60-minute workout that consists of endurance and core work that will start in Studio 3 for 40-minutes and migrate to Student 4 for 20-minutes of core work. (All levels)

**CyFlow:** 60-minute workout that is split between cycling and yoga that will start in Studio 3 with endurance training and migrate halfway through to Studio 4 for yoga. (All levels)

**Cycle & Strength:** 60-minute workout that consists of endurance intervals that migrates to Studio 4 for strength training. (All levels)

**Morning Ride:** 45-minute cycling class to help start your day on the right side of the bed! (All levels)

**Power Training:** Dig deeper into power-based training with this intense 45 minute ride. (Intermediate/Advanced)

**Mind & Body**

**Advanced Yoga:** Designed to take your practice to the next level for participants who have previously practiced yoga and are looking to build more strength and mind/body connection. Prior yoga experience is highly recommended and encouraged. (Intermediate/Advanced)

**Barre:** A blend of ballet-inspired exercises. Pilates, yoga, and functional training to create a muscle burning sensation in your arms, abs, and legs. (All levels)

**Booty Barre:** A barre class soley focused on shaping and toning your legs. (All levels)

**Mindful Meditation:** Reduce your stress and anxiety and increase peace, perception, and wellbeing with a clear and focused mind through a meditation practice. (All levels)

**Mixed Levels Yoga:** This yoga experience is designed to improve posture, flexibility, and muscular strength and is great for polishing your current practice or helping you begin your yoga journey. (All levels)

**Rise & Shine Yoga:** Our morning version of yoga to get your blood flowing and heart pumping. (All levels)

**Stretch and Restore:** Roll out, dig deep, and help your body recover with this express self-myofascial release class. (All levels)

**Yin Yoga:** A slow-paced style of yoga with postures that are held for longer periods of time to increase muscular endurance. (All levels)

**Saturday 10 AM Classes**

**Please note on Saturday morning, Yoga and Cycling instructors will rotate weekly.**