GROUP FITNESS SCHEDULE

MONDAY
- 6:30-7:00 am  Extreme Core (Kaitlyn)
- 8:00-9:00 am  Jump Start (Abbie)
- 5:00-6:00 pm  Mixed Lvl Yoga (Stacia)
- 5:30-6:15 pm  H.I.I.T. Fit (Jenna D)
- 6:00-6:45 pm  Cycle 45 (Jenna D)
- 6:30-7:15 pm  Barre (Ashley)
- 7:00-7:30 pm  STRONG 30 (Jos)
- 8:00-9:00 pm  Cardio Hip Hop (Abbie)

TUESDAY
- 6:30-7:15 am  Total Body Toning (Jenna D)
- 5:30-6:15 pm  Fight Night (Abbie)
- 6:00-6:45 pm  Cycle 45 (Amber)
- 6:30-7:15 pm  Pilates (Jenna D)
- 7:30-8:30 pm  Gentle Yoga (Bailey)
- 8:00-9:00 pm  Dance Party (Mady)

WEDNESDAY
- 6:30-7:15 am  Total Body Toning (Jenna D)
- 5:30-6:30 pm  Mixed Lvl Yoga (Bailey)
- 6:00-6:45 pm  Cycle 45 (Amber)
- 6:30-7:15 pm  Buttz & Gutz (Kaitlyn)
- 7:00-7:30 pm  STRONG 30 (Jos)
- 8:00-9:00 pm  Cardio Hip Hop (Abbie)

THURSDAY
- 6:30-7:15 am  Rise & Shine Yoga (Bailey)
- 5:30-6:15 pm  Barre (Ashley)
- 6:00-6:45 pm  Cycle 45 (Jenna D)
- 5:30-6:15 pm  H.I.I.T. Fit (Reeanne)
- 6:30-7:15 pm  Pilates (Megan)
- 7:00-7:30 pm  STRONG 30 (Jos)

FRIDAY
- 6:30-7:15 am  Rise & Shine Yoga (Bailey)
- 8:00-9:00 am  Jump Start (Megan)
- 5:30-6:15 pm  Barre (Ashley)
- 5:30-6:15 pm  H.I.I.T. Fit (Reeanne)
- 6:30-7:15 pm  Pilates (Megan)

KEY:  
- Studio 1
- Studio 2
- Studio 3

August 30-December 10
All classes are FREE.
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:** It's a hip hop dance party and cardio workout all built into one electrifying and lively class. (All levels)

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

**Fight Night:** A cardio combination of dance and kickboxing for a fun, yet vigorous workout. (All levels)

**H.I.I.T Fit:** (High Intensity Interval Training): A high-intensity workout that focuses on full body strength conditioning paired with cardio bursts. (Intermediate/Advanced)

**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)

**SHINE:** A dance fitness program rooted in traditional jazz, ballet, and hip-hop that ensures a high energy, full body workout through simple yet-effective choreography. (All levels)

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

**STRONG 30:** A high intensity class that combines body weight training, muscle conditioning, cardio, and plyometric exercises synced to original music that has been specifically designed to match every exercise. (Intermediate/Advanced)

**Mind & Body**

**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)

**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)

**Pilates:** A mind & body class focused on strengthening, lengthening, stabilizing, and isolating the deepest muscle of your core combined with breath work and movement will leave you feeling stronger and toned. (All levels)

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

**Cycling**

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