








Begins June 3, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-6:45am Cycle/Strength Deb	6:00-6:45am Group Cycle Deb	6:00-6:45am Muscle Pump Deb		7:30-8:25am Group Cycle Sarah
	8:15-9:10am Gentle Yoga Laurie		8:15-9:10am Gentle Yoga Laurie		8:15-9:10am Gentle Yoga Laurie	8:30-9:25am Muscle Pump Laurie
	9:15-10:15am Cardio Mix Dayna	9:00-10:00am Core Strength Emiko	9:15-10:15am Cardio Mix Dayna	9:00-10:00am Core Strength Emiko	9:15-10:15am Cardio Mix Dayna	9:30-10:25am YogaFlow Laurie
						10:30-11:30am  ZUMBA fitness Laurie
		11:30-12:25pm YogaFlow Laurie		11:30-12:25pm YogaFlow Laurie		
		3:30-4:10pm  ZUMBA toning Emiko	3:30-4:10pm Step Interval Laurie	3:30-4:10pm Power Plyo Sarah		
	4:15-5:10pm Group Cycle Sarah	4:15-5:10pm Cardio Mix Emiko	4:15-5:10pm Cardio Circuit Sarah	4:15-5:10pm Cycle/Strength Rachel	4:30-5:30pm  ZUMBA fitness Geny	
	5:15-6:10pm Muscle Pump Laurie	5:15-5:35pm Power Core Laurie	5:15-6:10pm Muscle Pump Laurie	5:15-5:35pm Butz & Gutz Rachel		
	6:15-7:00pm YogaFlow Jason	5:35-6:30pm  ZUMBA fitness Melinda	6:15-7:00pm R & B YogaFlow Laurie	5:35-6:30pm  ZUMBA fitness Melinda		
	7:00-7:55pm  ZUMBA fitness Emiko	6:35pm-7:20pm Intro to Yoga Rachel	7:00-7:55pm  ZUMBA fitness Laurie			
		6:00-6:35pm **Kids Karate				
		6:35-7:30pm *Karate		6:35-7:30pm *Karate		
		7:30-8:00pm Beginner Karate		7:30-8:00pm Beginner Karate		

*Both classes in the studio

**Kids Karate held in the gym

Youth/Family Fitness (Kids Fit Classes held in the Gym):

		9:00-9:45am Fitter Kritters		9:00-9:45am Fitter Kritters		
	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids		

Boot Camp (monthly fee charged for these classes - please see Front Desk for details)

		6:30-7:30pm Boot Camp	12:00-12:55pm Boot Camp	6:30-7:30pm Boot Camp		
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HEALTHSEEKER: If you're just getting started, or trying to get back on track, these classes are for you!

Instructors will provide modifications to support introductory learners.

The Intro Series of classes are entry-level four-week sessions with limited enrollment to ensure personalized attention as you learn the fundamentals of an exercise class. Enrollment is FREE; pre-registration is required at the Front Desk.

A new session starts at the beginning of each month.

Intro to Step & Floor - An aerobic class that will introduce you to floor and step aerobics at an entry level. This will be a step-by-step process for coordination skills and for improving cardiovascular endurance.

Intro to Muscle Pump - a strength and endurance class that will introduce you to the fundamental moves used in Muscle Pump classes, working every muscle group and utilizing a variety of equipment. There will be emphasis on good technique and how to modify/progress all movements in a safe and effective manner.

Intro to Cycle - Ease into this great form of exercise. Participants will learn the foundations of indoor cycling - cardio expectations, modifications to the ride and how to build endurance. This class will provide a safe and effective workout that brings confidence and fun over a 4-week period.

Intro to Yoga - Learn fundamental yoga poses and terminology at a beginner level, helping you progress to multi-level classes. Good technique, comfort, relaxation, flexibility and strength will be covered with participants in a safe and effective way.

MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be mostly strength and toning or mostly cardio conditioning, but many contain both!

Body Sculpt - Toning to hit all major muscle groups.

Butz & Gutz - All toning to target those legs, glutes, and core!

Cardio Mix - 45 minutes of pure energy in cardio form! Enjoy a mix of hi/lo, step, kickboxing, etc.

Core Strength - 45 minutes of toning and strengthening all major muscle groups with lots of core work!

Cycle/Strength - Intervals of cardio on the bike with strength work using dumbbells, resistance tubing and bars.

Cardio Circuit - Intervals of different types of cardio - kickboxing, step, cycle, plyometrics and more!

Gentle Yoga - A gentle form of yoga for those just starting out their yoga practice or those who may enjoy a slower pace .

Group Cycle - High energy, heart pumping fun on a bike! Class limit of 12. Please call the Front Desk the day of class to reserve your bike.

Muscle Pump - A class designed to help you work harder to tone and strengthen all muscles using bars and weight plates, dumbbells, bands, body weight and/or stability balls.

Power Core - 20 minutes of exercises targeting the core muscles - abdominals, back and glutes.

R & B YogaFlow - 45 minutes of flowing yoga poses set to R & B music :)

Step Interval - Intervals of step and kickboxing, jump ropes, strength training, etc.

YogaFlow - Yoga practice consisting of flowing yoga poses.



This class fuses latin rhythms and easy to follow moves to create a workout that is more fun than work! Come join the party!



This class combines Zumba dance rhythms and toning using the Zumba Toning Sticks or light hand weights.

FITNESS ENTHUSIAST: For those looking for an additional challenge in their exercise routine. Classes move at a fast, intense pace!

Power Plyo - This class is based off the Tabata Protocol and has you perform 20 seconds of intense, all-out cardio followed by 10 seconds of recovery with a 5 minute warm-up and 3 minute cool-down/stretch at the end.

YOUTH FITNESS: These classes are designed to bring fun to fitness for youth from 7-12 years of age, offering cardiovascular as well as strength/endurance and flexibility to their workouts.

Fit Kids - Group exercise for kids 7-12 years old. Includes, but is not limited to, games, drills, agility and strength.

Fitter Kritters - Group games/activities for ages 2 and up.

Rainbow Room Hours:	Monday - Thursday	8:15am - 1:00pm and 3:00pm - 8:00pm
	Friday	8:15am - 1:00pm and 3:00pm - 6:00pm
	Saturday	8:15am - 1:15pm
	Sunday	CLOSED