







Begins January 2, 2014

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 Jessie	8:30-9:10am Power Core Missy	8:15-9:10am Gentle Yoga Laurie	8:30-9:10am Butz & Gutz Missy	8:15-9:10am Gentle Yoga Laurie	8:30-9:55am Muscle Pump Laurie
	9:15-10:30am Cardio Mix Dayna	9:15-10:15am Intervals! Emiko	9:15-10:30am Cardio Mix Dayna	9:15-10:15am Dance & Sculpt Missy	9:15-10:30am Cardio Mix Dayna	10:00-10:55am Yoga Laurie
					10:35-11:30am	
	12:00-12:45 Dance & Sculpt Missy	11:30-12:25pm YogFlow Jessie	12:00-12:45pm Intervals! Emiko	11:30-12:25pm YogaFlow Laurie	Zumba Gold Missy	11:00-12:00pm  Laurie
1:00-1:55pm H.I.I.T. Rachel						
2:00-2:55pm Basic Yoga Rachel						
			4:15-4:45pm Express Cardio Emiko			
	4:15-5:10pm Group Cycle Sarah	4:30-5:10pm  Emiko	4:50-5:10 Power Core Missy	4:30-5:10pm Step Interval Laurie	5:00-5:55pm  Missy	
	5:15-6:10pm Muscle Pump Laurie	5:15-6:10pm R.I.P.P.E.D. Sarah	5:15-6:10pm Muscle Pump Missy	5:15-6:10pm Group Cycle Rachel		
	6:15-6:55pm Yoga Jason	6:15-7:15pm*  Melinda	6:15-6:55pm Yoga/Pilates Gina	6:15-7:10pm R.I.P.P.E.D. Sarah	6:15-7:15pm Hot Yoga Jason	
	7:00-8:00pm  EMIKO		7:00-8:00pm  Laurie			
		6:30-7:30pm 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):**

		9:00-9:30am Fitter Kritters		9:00-9:30am Fitter Kritters	
	4:00-4:45pm Fit Kids	4:00-4:45pm Fit Kids	4:00-4:45pm Fit Kids	4:00-4:45pm Fit Kids	
	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids	
		6:00-6:30pm Kids Karate			

**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!

**Basic Yoga** - Class goes over 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 (formerly known as Intro to Yoga)

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

**Cardio Mix** - Lots and lots of pure energy in cardio form! Enjoy a mix of hi/lo, step, kickboxing, etc.

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

**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.

**Dance & Sculpt** Jump in for happening yet easy to follow hip hop moves, high intensity intervals and strength training using not only hand held weights, but your own body weight to strengthen and tone your whole body.

**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** - consisting exercises targeting the core muscles - abdominals, back and glutes.

**Step & Sculpt** - Intervals of step aerobics and exercises to tone & tighten your muscles.

**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. Easy to follow program that lets you move to the beat at your own speed. Classes provide modified, low-impact moves for active older adults. Also great for those new to Zumba!

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

**H.I.I.T.** - Intense intervals of cardio, strength, plyometrics and more! (High Intensity Interval Training)

**R.I.P.P.E.D.** - Resistance, Intervals, Power, Plyometrics, Endurance, Diet/Nutrition - you get it all in this one-stop, power-packed class!

**Intervals!** - Intervals of strength, core work, cardio and plyometrics.

**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.

<b>Rainbow Room Hours:</b>	<b>Monday - Thursday</b>	<b>8:15am - 1:00pm and 3:00pm - 8:00pm</b>
	<b>Friday</b>	<b>8:15am - 1:00pm and 3:00pm - 8:00pm</b>
	<b>Saturday</b>	<b>8:15am - 4:00pm</b>
	<b>Sunday</b>	<b>12:00pm - 3:00pm</b>