





Effective November, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:55am Intervals! Nicole	6:00-6:45am Cycle/Strength Deb	6:00-6:45am Group Cycle Kim	6:00-6:45am Muscle Pump Deb	6:00-6:55am Intervals! Nicole	
						7:30-8:25am Group Cycle Sarah C.
	8:15-9:10am Gentle Yoga Laurie	8:30-9:10am Cardio & Core Emiko	8:15-9:10am Gentle Yoga Gina	8:30-9:10am Butz & Gutz Missy	8:15-9:10am Gentle Yoga Laurie	8:30-9:25am Muscle Pump Laurie
	9:15-10:10am Total Body Circuit Emiko	9:15-10:00am Group Cycle Kim	9:15-10:10am Total Body Circuit Emiko	9:15-10:00am Dance & Sculpt Emiko	9:15-10:10am Low & Tone Dayna	9:30-10:25am Yoga Laurie
	10:15-11:00am Forever Young Missy		10:15-11:00am Zumba Gold Missy			10:30-11:25am  Laurie
		11:30-12:25am YogaFlow Laurie		11:30-12:25 YogaFlow Laurie		
	12:00-12:45pm Dance and Sculpt Missy		12:00-12:45pm R.I.P.P.E.D Missy		12:00-12:45pm Pilates Fusion Gina	
1:00-1:55 R.I.P.P.E.D Rachel						
2:00-2:55pm Yoga Rachel	4:20-4:55 Express Step Dayna	4:15-5:10  Katie F.	4:00-4:55 Step Interval Laurie	4:15-5:10 Yoga Katie S.		
	5:00-5:55pm Muscle Pump Laurie	5:15-6:10pm R.I.P.P.E.D. Sarah C.	5:00-5:55pm Yoga Jason	5:15-6:10pm Group Cycle Rachel		
	6:00-6:55pm Yoga Jason	6:15-7:10pm Dance & Sculpt Missy	6:00-6:55pm Cardio Kickboxing Jason	6:15-7:10pm R.I.P.P.E.D. Sarah C.	6:15-7:10pm Hot Yoga Jason	
	7:00-7:55pm  Missy		7:00-7:55pm  Laurie			
<b>Upstairs Group Exercise Classes</b>						
	10:45-11:30am ARC Laurie		10:45-11:30am HIIT the Tread Laurie		9:00-9:45am ARC Emiko	
<b>Youth/Family Fitness (Fit Kids classes held in the Gym)</b>						
		9:00-9:30am Fitter Kritters		9:00-9:30am Fitter Kritters		
	5:00-5:45pm Fit Kids	5:00-5:45pm Kids Yoga	5:00-5:45pm Fit Kids	5:00-5:45pm Zumba Kids		

**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!

**ARC-** This class will move you through various intervals and levels of resistance to burn major calories. All set to music for tons of fun! Class is upstairs and space is limited.

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

**Cardio & Core -** A variety of exercises targeting the core muscles-abdominals, back and muscles surrounding the pelvis with cardio intervals mixed in to target that stubborn belly fat!

**Cardio Kickboxing-** Get a challenging cardiovascular and full body workout as you kick, punch, block and move during class!

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

**Low & Tone-** Low impact workout incorporating cardio and strength to get you in shape and burn fat without all the jumping around and undue stress on joints and ligaments.

**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 28. Please call the Front Desk the day of class to reserve your bike.

**HIIT the Tread!** With hills, runs, sprints, strength phases and endurance challenges. You will have the opportunity to use speed and incline to challenge yourself and get better results. It's virtually impossible to get bored in one of these classes! Held upstairs and space is limited. Starting October.

**Forever Young-** Designed to help seniors and older adults maintain their cardiovascular health, strength and flexibility.

**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.

**Pilates Fusion-** This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up.

**Total Body Circuit-** Fast-paced circuit of aerobic exercises and resistance training stations. This is a full-body workout that is easy to follow, improves strength, cardio-respiratory endurance and targets fat loss.

You will see an increase in your level of fitness! Appropriate for all fitness levels, all exercises can be modified.

**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!

**Zumba Gold-** Perfect for active older adults or those looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

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

**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.

**Zumba Kids-** This kid friendly Zumba allows children ages 4-12 to be active and jam out to their favorite music! We break down the steps, add games, activities and cultural exploration elements into the class structure.

**Kids Yoga-** Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self-expression, body image, social skills, and positive thinking.

Rainbow Room	Monday - Friday	8:15am - 1:00pm and 3:00pm - 8:00pm
Hours:	Saturday	8:15am - 4:00pm
	Sunday	12:00pm-3:00pm