








Effective September 21st, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-6:45am Cycle/Strength Deb	6:00-6:45am Group Cycle Kim	6:00-6:45am Muscle Pump Deb		7:30-8:25am
	8:15-9:10am Gentle Yoga Jessie	8:30-9:10am Abz & Armz Missy	8:15-9:10am Gentle Yoga Laurie	8:30-9:10am Butz & Gutz Missy	8:15-9:10am Gentle Yoga Laurie	Group Cycle Sarah C.
	9:15-10:10am CardioPump Dayna D.	9:15-10:00am Dance & Sculpt Missy	9:15-10:10am  Katie F.	9:15-10:10am  Angie	9:15-10:10am CardioPump Dayna D.	8:35-9:30am Muscle Pump Laurie
	10:15-11:00am Fit For Life Missy		10:15-11:00am  Missy	10:15-11:00am Fit For Life Missy		9:35-10:30am Yoga Laurie
		11:30-12:25pm YogaFlow		11:30-12:25pm YogaFlow		10:35-11:30am  Laurie
	12:10-12:50pm Lunch Crunch Missy		12:10-12:50pm Lunch Crunch Missy		12:10-12:50pm Lunch Crunch Daina O.	
1:00-1:55pm R.I.P.P.E.D Rachel						
2:00-2:55pm Yoga Rachel						
	4:30-5:15pm Group Cycle Kim	4:15-5:10pm  Katie F.		4:15-5:10pm Step Interval Laurie		
	5:25-6:20pm Muscle Pump Laurie	5:15-6:10pm R.I.P.P.E.D Sarah	5:00-5:55pm Muscle Pump Laurie	5:15-6:10pm Yoga Jason		
	6:25-7:20pm Yoga Jason	6:15-7:10pm Dance & Sculpt Missy	6:00-6:55pm Group Cycle Rachel	6:15-7:10pm R.I.P.P.E.D Sarah	6:15-7:10pm Hot Yoga Jason	
	7:25-8:20pm  Angie		7:00-7:55pm  Laurie	7:15-8:00pm Dance & Sculpt Missy		
<b>Upstairs Group Exercise Classes</b>						
	10:45-11:30am ARC Laurie		10:45-11:30am HIIT the Tread Laurie			
<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 Fit 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!

**Abz & Armz** - All upper body and core work!

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

**Barbell Strength**- Matching movement to music and using both traditional and non-traditional strength training allows participants to work at their own level. Looking for a class to transform your body . . . you've found

**CardioPump** - Full body workout incorporating strength, toning and cardio.

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

**Dance & Sculpt**- Jump in for fun and easy to follow cardio dance with strength training to tone and tighten your whole body!

**Fit For Life**- Designed to help seniors and older adults maintain their cardiovascular health, strength and flexibility. Also great for beginners!

**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.

**Hot Yoga**- Hot yoga is a yoga program using warmer temperature to help prepare and facilitate a deeper stretch of muscles and connective tissue.

**Lunch Crunch**- Total body circuit class designed to get you in and out during that noon hour!

**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.

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

**Step Interval**- Intervals of step aerobics and exercises to tone and tighten!

**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!



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

**YOUTH FITNESS:** These classes are designed to bring fun to fitness for youth from 2-11 years of age. Offering cardiovascular as well as strength, endurance and flexibility to their workouts.

**Fit Kids** - Group exercise for kids 5-11 years old. Includes, but is not limited to, games, drills, agility and strength.

**Fitter Kritters** - Group games/activities for ages 2-5yrs.

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