

Effective March 20, 2015

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 CardioCore Lisa	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 R.I.P.P.E.D Missy	9:15-10:00am Group Cycle Kim	9:15-10:10am Muscle Pump Laurie	9:15-10:10am Dance and Sculpt Missy	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		
	12:00-12:55pm Barbell Strength Missy		12:00-12:55pm Dance and Sculpt Missy		12:00-12:55pm Barbell Strength Missy	
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	4:30-4:55 CardioCore Dani		
	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	5:00-5:55pm Group Cycle Rachel		
	6:00-6:55pm Yoga Jason	6:15-7:10pm Dance & Sculpt Dani	6:00-6:55pm Barbell Strength Missy	6:00-6:55pm 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			
Upstairs Group Exercise Classes						
	10:45-11:30am ARC Laurie		10:45-11:30am HIIT the Tread Laurie			
Youth/Family Fitness (Fit Kids classes held in the Gym)						
		9:00-9:30am Fitter Kritters		9:00-9:30am 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		

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!

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 it!

CardioCore - 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!

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!

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

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.

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

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

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.

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!

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.

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