







Spring(Feb 28th-May) Schedule

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	6:00-6:45am CardioPump Daina O.	
		6:50-7:40am MusclePump Daina O.				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 Jessie	Group Cycle Sarah
	9:15-10:10am CardioPump Dayna D.	9:15-10:00am Dance & Sculpt Missy	9:15-10:10am  ZUMBA fitness Missy	9:15-10:00am Fit For Life Missy	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  ZUMBA fitness Gold Missy			9:35-10:30am Yoga Laurie
		11:30-12:25pm YogaFlow Joanna		11:30-12:25pm YogaFlow Laurie		10:35-11:30am  ZUMBA fitness Laurie
	12:10-12:50pm		12:10-12:50pm			
	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  ZUMBA fitness Katie F.	4:05-4:55pm H.I.I.T Daina O.	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  ZUMBA fitness Angie		7:00-7:55pm  ZUMBA fitness 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!

Abz & Armz - All upper body and core work!

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

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

Crave- Maximize your midday with this 40 minute lunch time sweat session! Incorporates strength, resistance, cardio and core work just the way your body CRAVES!

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.

H.I.I.T. Basic exercises aim to get you up to your max heart rate-delivering maximum results! You'll perform a series of high intensity interval techniques combined with brief recovery periods. Push hard, have fun and let's HIIT it!

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

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