





Effective August, 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 C.
	8:15-9:10am Gentle Yoga Laurie	8:30-9:10am Intervals Emiko	8:15-9:10am Gentle Yoga Maggie	8:30-9:10am Butz & Gutz Emiko	8:15-9:10am Gentle Yoga Maggie	8:30-9:25am Muscle Pump Laurie
	9:15-10:30am Cardio Mix Dayna	9:15-10:00am Power Core Missy	9:15-10:30am Cardio Mix Dayna	9:15-10:00am Dance & Sculpt Missy	9:15-10:30am Cardio Mix Dayna	9:30-10:25am Yoga Laurie
		11:30-12:25pm				10:30-11:25pm  Laurie
	12:00-12:45pm Dance & Sculpt Missy	YogaFlow Maggie	12:00-12:45pm R.I.P.P.E.D. Missy			
	4:00-4:55pm Group Cycle Sarah C.		4:00-4:55pm Muscle Pump Rachel			
	5:00-5:55pm Muscle Pump Laurie	5:15-6:10pm R.I.P.P.E.D. Sarah C.	5:00-5:55pm  Emiko	5:15-6:10pm Group Cycle Rachel	5:00-5:55pm Hot Yoga Jason	
	6:00-6:55 Yoga Jason		6:00-6:55pm Yoga/Pilates Gina	6:15-7:10pm R.I.P.P.E.D. Sarah C.		
	7:00-8:00pm  Missy		7:00-8:00pm  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!

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 28. 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 - A variety of exercises targeting the core muscles-abdominals, back and muscles surrounding the pelvis.

Step Interval - 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.

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.

Rainbow Roof Monday - Thursday	8:15am - 1:00pm and 3:00pm - 8:00pm
Friday	8:15am - 1:00pm and 3:00pm - 6:00pm
Saturday	8:15am - 1:15pm
Sunday	Closed