







**Summer 2015**

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday                                | Friday   | Saturday  |
|--|---|--|---|---|--|---|
|  |   | 6:00-6:45am<br>Cycle/Strength<br>Deb   | 6:00-6:45am<br>Group Cycle<br>Kim   | 6:00-6:45am<br>Muscle Pump<br>Deb       |  |   |
|  |   |  |   |   |  | 7:30-8:25am<br>Group Cycle<br>Sarah C.  |
|  | 8:15-9:10am<br>Gentle Yoga<br>Laurie  | 8:30-9:10am<br>Abz & Armz<br>Missy   | 8:15-9:10am<br>Gentle Yoga<br>Gina  | 8:30-9:10am<br>Butz & Gutz<br>Missy     | 8:15-9:10am<br>Gentle Yoga<br>Laurie   | 8:30-9:25am<br>Muscle Pump<br>Laurie  |
|  | 9:15-10:10am<br>R.I.P.P.E.D.<br>Sarah   | 9:15-10:00am<br>Group Cycle<br>Kim   | 9:15-10:10am<br>Muscle Pump<br>Lisa   | 9:15-10:00am<br>Dance & Sculpt<br>Missy | 9:15-10:10am<br>CardioPump<br>Dayna  | 9:30-10:25am<br>Yoga<br>Laurie  |
| Starting August<br>2nd<br>10:30-11:30am<br>Outdoor Yoga<br>Jason | 10:15-11:00am<br>Forever Young<br>Missy   | 10:05-10:55am<br> Missy | 10:15-11:00am<br>Zumba Gold<br>Missy  |   | 10:15-11:10<br> Missy | 10:30-11:25am<br> Laurie |
|  |   | 11:30-12:25am<br>YogaFlow<br>Laurie  |   | 11:30-12:25<br>YogaFlow<br>Laurie       | 12:00-12:55pm<br>Barbell Strength<br>Missy   |   |
|  | 4:20-4:55<br>Express Step<br>Dayna  | 4:15-5:10<br> Missy   | 4:00-4:55<br>Step Interval<br>Laurie  | 4:30-4:55<br>ExpressCore<br>Dani        |  |   |
|  | 5:00-5:55pm<br>Muscle Pump<br>Laurie  | 5:15-6:10pm<br>R.I.P.P.E.D.<br>Sarah   | 5:00-5:55pm<br>Yoga<br>Jason  | 5:00-5:55pm<br>Group Cycle<br>Rachel    | 5:00-5:55pm<br>Hot Yoga<br>Jason   |   |
|  | 6:00-6:55pm<br>Yoga<br>Jason  |  | 6:00-6:55pm<br>Barbell Strength<br>Laurie   | 6:00-6:55pm<br>R.I.P.P.E.D.<br>Sarah    |  |   |
|  | 7:00-7:55pm<br> Laurie |  | 7:00-7:55pm<br> Laurie |   |  |   |
| <b>Upstairs Group Exercise Classes</b>                           |   |  |   |   |  |   |
|  | 10:45-11:30am<br>ARC<br>Laurie  |  | 10:45-11:30am<br>HIIT the Tread<br>Laurie   |   |  |   |
| <b>Youth/Family Fitness (Fit Kids classes held in the Gym)</b>   |   |  |   |   |  |   |
|  |   | 9:00-9:30am<br>Fitter Kritters   |   | 9:00-9:30am<br>Fitter Kritters          |  |   |
|  | 5:00-5:45pm<br>Fit Kids   | 5:00-5:45pm<br>Fit Kids  | 5:00-5:45pm<br>Fit Kids   | 5:00-5:45pm<br>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 it!

**ExpressCore** - 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!

**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!

**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.

**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** These classes are designed to bring fun to fitness for youth from 2-11 years of age. Offering

**FITNESS:** 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.

**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.

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