## Effective January 4th, 2015

6:00-6:55am	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nicole   Deb   Kim   Deb   Nicole   7:30-8:25am   Group Cycle   Sarah C.		6:00-6:55am	6:00-6:45am	6:00-6:45am	6:00-6:45am	6:00-6:55am	
8:15-9:10am Gentle Yoga Laurie  9:15-10:10am Weightless Emiko  10:15-11:00am Forever Young Missy  1:00-12:55pm Voga Flow Yoga Rachel  2:00-2:55pm Yoga Rachel  5:00-5:55pm Muscle Pump Laurie  1:00-1:55 Express Step Dayna  1:00-6:00-6:55pm Yoga Flow Laurie  5:00-5:55pm Yoga Flow Laurie  1:00-7:55bm Yoga Dance & Sculpt Barbell Strength Missy  8:15-9:10am Butz & Gutz Missy Laurie  9:15-10:10am Butz & Gutz Missy Laurie  9:15-10:10am Dance & Sculpt Emiko  10:15-11:00am Zumba Gold Missy  11:30-12:25am YogaFlow Laurie  12:00-12:55pm Barbell Strength Missy  1:00-1:55 Step Interval Laurie  5:00-5:55pm Yoga Flow Laurie  15:15-6:10pm R.I.P.P.E.D Sarah C. Jason  6:00-6:55pm Yoga Jason  7:00-7:55bm Wissy  17:00-7:55bm Wissy  17:00-7:55bm Sarah C. Jason  7:00-7:55bm Sarah C. Jason		Intervals!	Cycle/Strength	Group Cycle	Muscle Pump	Intervals!	
8:15-9:10am Gentle Yoga Laurie Pinko  9:15-10:10am 9:15-10:00am Pink-10:10am Pink Pink Pink Pink Pink Pink Pink Pink		Nicole	Deb	Kim	Deb	Nicole	7:30-8:25am
Gentle Yoga   Laurie   Emiko   9:15-10:10am   9:15-10:00am   Weightless   Emiko   10:15-11:00am   Forever Young   Missy   11:30-12:25am   YogaFlow   Laurie   12:00-12:55pm   Missy   Missy   T:00-1:55   R.I.P.P.E.D   Rachel   2:00-2:55pm   Muscle Pump   Laurie   Si00-5:55pm   Muscle Pump   Laurie   T:00-6:55pm   Muscle Pump   Missy   Missy   T:00-6:55pm   Muscle Pump   Missy   Missy   T:00-7:55pm   Yoga   Rachel   T:00-6:55pm   Yoga   Jason   T:00-7:55pm   Yoga   Jason   Y:00-7:55pm   Yoga   Jason   Y:00-7:55pm   Yoga   Jason   Y:00-7:55pm   Y:0							Group Cycle
Laurie		8:15-9:10am	8:30-9:10am	8:15-9:10am	8:30-9:10am	8:15-9:10am	Sarah C.
9:15-10:10am   Weightless   Emiko   Group Cycle   Kim   Total Body Circuit   Emiko   Dance & Sculpt   Low &Tone   Dayna   Laurie   Covered Young   Missy   Total Body Circuit   Emiko   Dance & Sculpt   Low &Tone   Dayna   Laurie   Covered Young   Missy   Total Body Circuit   Emiko   Dance & Sculpt   Low &Tone   Dayna   Laurie   Covered Young   Missy   Total Body Circuit   Emiko   Dance & Sculpt   Low &Tone   Dayna   Laurie   Covered Young   Missy   Total Body Circuit   Emiko   Dayna   Laurie   Covered Young   Covered Young   Laurie   Covered Young   Cov		Gentle Yoga	Cardio & Core	Gentle Yoga	Butz & Gutz	Gentle Yoga	8:30-9:25am
Weightless Emiko		Laurie	Emiko	Gina	Missy	Laurie	Muscle Pump
Emiko   Kim   Emiko   Emiko   Dayna   Yoga   Laurie		9:15-10:10am	9:15-10:00am	9:15-10:10am	9:15-10:00am	9:15-10:10am	Laurie
10:15-11:00am   Forever Young   Missy   11:30-12:25am   Zumba Gold   Missy   11:30-12:25am   YogaFlow   Laurie   12:00-12:55pm   Laurie   12:00-12:55pm   Dance and Sculpt   Missy   Missy   1:00-1:55   R.I.P.P.E.D   Missy   Missy   Missy   1:00-12:55pm   Barbell Strength   Missy   Mi		_	Group Cycle	<b>Total Body Circuit</b>	Dance & Sculpt	Low &Tone	
10:15-11:00am Forever Young Missy  11:30-12:25am YogaFlow Laurie  12:00-12:55pm Dance and Sculpt Missy  1:00-1:55 R.I.P.P.E.D Rachel  2:00-2:55pm Yoga Rachel  10:30-11:25am YogaFlow Laurie  12:00-12:55pm Missy  11:30-12:25 YogaFlow Laurie  12:00-12:55pm Barbell Strength Missy  1:00-4:55 Step Interval Laurie  5:00-5:55pm Muscle Pump Laurie  5:00-5:55pm Yoga Rachel  5:00-6:55pm Yoga Jason  6:00-6:55pm Yoga Jason  7:00-7:55pm Wissy  10:30-11:25am YogaFlow Laurie  12:00-12:55pm Barbell Strength Missy  6:15-7:10pm Barbell Strength Find Park Rachel  6:15-7:10pm Hot Yoga Jason  7:00-7:55pm		Emiko	Kim	Emiko	Emiko	Dayna	_
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Missy				10:15-11:00am			10:30-11:25am
11:30-12:25am		_					fitness
12:00-12:55pm		Missy		Missy			Laurie
12:00-12:55pm							
12:00-12:55pm   Laurie   12:00-12:55pm   Barbell Strength   Missy   Missy							
Dance and Sculpt   Missy   Barbell Strength   Missy   Missy   Barbell Strength   Missy   Mis		40.00.40.77	_	10.00.10.77	•	40.00.45.77	
Missy		-		-	Laurie	-	
1:00-1:55 R.I.P.P.E.D Rachel  2:00-2:55pm Yoga Rachel  5:00-5:55pm Muscle Pump Laurie  5:00-6:55pm Yoga Color-6:55pm Yoga Missy  1:00-4:55 Step Interval Laurie  5:00-5:55pm Muscle Pump Color-6:55pm Yoga A:15-5:10  5:00-5:55pm Yoga A:00-6:55pm Yoga A:00-6:55pm Aissy  6:15-7:10pm Aissy Ai						_	
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Rachel							
2:00-2:55pm Yoga Rachel  4:20-4:55 Express Step Dayna  Katie F.  5:00-5:55pm Muscle Pump Laurie  6:00-6:55pm Yoga Dance & Sculpt Jason  7:00-7:55pm  1:20-4:55 Step Interval Laurie  5:00-5:55pm Group Cycle Rachel  6:15-7:10pm Barbell Strength Missy  7:00-7:55pm  1:00-7:55pm Missy  7:00-7:55pm							
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Dayna   Katie F.   Laurie	-						
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Laurie       Sarah C.       Jason       Rachel         6:00-6:55pm       6:15-7:10pm       6:00-6:55pm       6:15-7:10pm         Yoga       Dance & Sculpt       Barbell Strength       R.I.P.P.E.D.       Hot Yoga         Jason       Missy       Sarah C.       Jason         7:00-7:55pm       → 24/MBA       → 24/MBA		-	-	•	-		
6:00-6:55pm		-		~			
Yoga Dance & Sculpt Barbell Strength R.I.P.P.E.D. Hot Yoga Jason Missy Sarah C. Jason  7:00-7:55pm 7:00-7:55pm 32WMBA 32WMBA						6:15-7:10nm	
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7:00-7:55pm 3 24/MBA 3 24/MBA 3 24/MBA			-	_		_	
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Missy Laurie							
		Missy		Laurie			
Upstairs Group Exercise Classes							
10:45-11:30am 10:45-11:30am 9:00-9:45am		10:45-11:30am		10:45-11:30am		9:00-9:45am	
ARC HIIT the Tread ARC							
Laurie Laurie Emiko		Laurie	V 41/5				
Youth/Family Fitness (Fit Kids classes held in the Gym)							
9:00-9:30am 9:00-9:30am Fitter Kritters Fitter Kritters							
5:00-5:45pm 5:00-5:45pm 5:00-5:45pm 5:00-5:45pm		5:00-5:45pm		5:00-5:45pm			
Fit Kids Zumba Kids Fit Kids 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!
  - ARC- This class will move you through various intervals and levels of resistance to burn major calories.

    All set to music for tons of fun! Class is upstairs and space is limited.
- 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!
- <u>Cardio & Core -</u> 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.
  - <u>Low & Tone-</u> 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.
  - <u>Gentle Yoga</u> 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.
  - <u>Hot Yoqa-</u> Hot yoga is a yoga program using warmer temperature to help prepare and facilitate a deeper stretch of muscles and connective tissue.
- <u>Forever Young-</u> Designed to help seniors and older adults maintain their cardiovascular health, strength and flexibility.
- 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.
- <u>Muscle Pump</u> 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.
- <u>Pilates Fusion-</u> This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up.
  - <u>Total Body</u> Fast-paced circuit of aerobic exercises and resistance training stations. This is a full-body workout <a href="Circuit-">Circuit-</a> that is easy to follow, improves strength, cardio-respiratory endurance and targets fat loss. You will see an increase in your level of fitness! Appropriate for all fitness levels, all exercises can be modified.
  - Weightless- No weights? No problem! All you'll need is you in this strength and flexibility class that uses your own body weight and gravity principles to get you in tip-top shape!
  - 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!
- <u>Zumba Gold-</u> Perfect for activie older adults or those looking for a modified Zumba class that recreates the original moves you love at a lower intensity.
- FITNESS For those looking for an additional challenge in their exercise routine. Classes move at a fast, intense ENTHUSIAST: pace!
- <u>R.I.P.P.E.D.</u> 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 These classes are designed to bring fun to fitness for youth from 7-12 years of age. Offering
  - FITNESS: 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.
  - <u>Zumba Kids-</u> This kid friendly Zumba allows children ages 4-12 to be active and jam out to their favorite music! We break down the steps, add games, activities and cultural exploration elements into the class structure.

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