

GROUP FITNESS SCHEDULE

Monday 5:30 am – Group Cycling 8:00 am – Power Up 9:30 am - Zumba® (gym) 10:00 am – Silver Sneakers® 12:00 pm – Group Cycling 5:25 pm – Cardio Blast 6:30 pm – Five Elements Kickboxing	Tuesday 9:00 am – Power Yoga 10:30 am – Turn Back the Clock Yoga 12:00 pm – Power Lunch 5:25 pm – Combo Cardio Blast 6:30 pm - Turn Back the Clock Yoga 6: 30 pm - Zumba® (gym)	Wednesday 5:30 am – Group Cycling 8:00 am – Power Up 9:30 am - Zumba® (gym) 10:00 am – Silver Sneakers® 12:00 pm – Power Lunch 5:25 pm – Cardio Blast 6:30 pm – Five Elements Kickboxing
Thursday 9:00 am – Power Yoga 10:30am – Turn Back the Clock Yoga 12:00 pm – Power Lunch 5:25 pm – Combo Cardio Blast 6:30 pm - Turn Back the Clock Yoga 6:30 pm - Zumba® (gym)	Friday 5:30 am – Group Cycling 8:00 am – Zumba® (gym) 9:30 am - Turn Back the Clock Yoga 12:00 pm – Yoga 5:25 pm – Cardio Blast 6:00 pm - Zumba® (gym) 6:30 pm – Five Elements Kickboxing	Saturday 10:00 am- Pilates/Yoga

Group Fitness Classes:

Power Up - This awesome class is a fusion of step aerobics and power toning. Simple athletic movements that will help you sculpt the body you want.

Power Lunch - This power packed class makes the most of your lunch hour! Using a step for an amazing cardio workout and weights for toning.

Group Cycling – This class is a unique, high-energy group workout that utilizes non-impact indoor stationary cycling, inspire you through a workout like no other. It is ideal for a broad range of ages, abilities and fitness levels because each participant personally controls the speed, intensity, and duration of each riding interval.

Combo Cardio Blast - This class consists of 25-40 minutes of low-impact cardio followed by 10 - 15 minutes of toning.

Cardio Blast - This high-intensity step class consists of power moves and step combinations. It is a true cardio workout, with 45 minutes of bench work followed by an abdominal workout.

Silver Sneakers® I - Muscular strength & range of movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.

Zumba® - Dance your way to a fitter you with exciting and unique Latin moves and rhythms!

Power Yoga - An Ashtanga yoga class that stretches and tones for an overall awesome workout. Challenging for all fitness levels - Beginner to Advanced.

Turn Back the Clock Yoga – A back to the basics yoga class that focuses on proper breathing, relaxation and low impact stretching.

Five Elements Kickboxing - This is a real kickboxing training that combines Strength, Cardio, Self Defense, Boxing, and Korean Martial Arts into an intense workout. This class is for anyone at any fitness level so come get stronger, leaner, and more confident. Students are preferred to bring their own wraps or gloves.

WATER FITNESS CLASSES

Monday 5:30 pm -	Tuesday 8:00 am 10:30 am	Wednesday 5:30 pm	Thursday 8:00 am 10:30 am	Friday 8:00 am – Silver Splash®
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FITNESS AND WEIGHT LOSS

- Watch for information about our **Fitness Challenges**. These challenges will be 6 weeks and participants will have an assessment and set goals. They will receive a body comp test, workout routine and a prize if their goals are met.
- Look for information on our **Thin to Win Competition**. This competition will be based off of who can lose the most body fat and will also be based on who can lose the most % of their initial body weight. This is to help motivate and give everyone a reason to workout and get fit!

PERSONAL TRAINING

Get motivated with a personal trainer! Sessions can be single or with a partner and will be determined between the client and personal trainer.