

# FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:20 AM (UL) Step & Sweat Stephanie	5:30-6:20 AM (UL) Bootcamp Wendi	5:30-6:20 AM (UL) 20/20/20 Shauna	5:30-6:20 AM (UL) Step & Sculpt Stephanie	5:30-6:20 AM (UL) Kickboxing Shauna	8-8:50 AM (UL) Sunrise Yoga Robin	10:30-11:20 AM (UL) WERQ Erin
8-8:50 AM (UL) Foam Rolling Rondalea	8-8:50 AM (UL) WERQ Gina	8-8:50 AM (UL) Foam Rolling Rondalea	5:30-6:20 AM (LL) Cycle Wendi	8-8:50 AM (UL) Yoga Flow Jeanette	8-8:50 AM (LL) Cycle Gene	11:30-12:20 PM (UL) Barre Caysha
9-9:50 AM (UL) Burn Rondalea	9-9:50 AM (LL) Cycle Brandy	9-9:50 AM (UL) Burn Rondalea	8-8:50 AM (UL) Flex & Flow Robin	9-9:50 AM (UL) Barre Jeanette	9-9:50 AM (UL) Train X3 Toni	1-1:50 PM (UL) WERQ Gina
9-9:50 AM (LL) Cycle Gene	9-9:50 AM (UL) Pilates Jeanette	10-10:50 AM (UL) Pilates Sculpt Jenny	9-9:50 AM (UL) Functional Strength Rondalea	10-10:50 AM (UL) C.S.I. Toni	10-10:50 AM (UL) WERQ Wanda	--
10-10:50 AM (UL) Functional Strength Brandy	10-10:50 AM (LL) Yoga Flow Robin	11-11:50 AM (UL) SS Chair Yoga Brandy	10-10:50 AM (UL) Aged For Action Maryl	11-11:50 AM (UL) Silver Sneakers Rondalea	10-10:50 AM (LL) Pilates Dawn	--
11-11:50 AM (UL) WERQ Gold Gina	10-10:50 AM (UL) Aged For Action Brandy	12-12:50 PM (UL) Zumba Gold Angie	10-10:50 AM (LL) Step & Booty Stephanie	12-12:50 PM (UL) SS Chair Yoga Antoinette	--	--
12-12:50 PM (UL) SS Circuit Antoinette	11-11:50 AM (LL) Can Do Cancer Jennifer	<b>NEW</b> 4:30-5:20 PM (UL) HIIT Harper	11-11:50 AM (LL) Can Do Cancer Jennifer	1:30-2:30 PM (UL) Inter. Line Dancing Connie	--	--
1:30-2:30 PM (UL) Beg. Line Dancing Connie	11-11:50 AM (UL) Sliver Sneakers Maryl	5:30-6:20 PM (UL) Barre Jenny	11-11:50 AM (UL) Silver Sneakers Maryl	2:30-3:30 PM (UL) Adv. Line Dancing Connie	--	--
2:30-3:30 PM (UL) Adv. Line Dancing Connie	4:30-5:20 PM (UL) Raise the Bar Hannah W.	6:30-7:20 PM (UL) WERQ Piper	4:30-5:20 PM (UL) Strength & Sculpt <b>NEW</b> Hannah W.	4:30-5:20 PM (UL) WERQ Piper	--	--
<b>NEW</b> 4:30-5:20 PM (UL) Strong Nation Tammy	5:30-6:20 PM (UL) WERQ Erin	--	5:30-6:20 PM (UL) WERQ Wanda	--	--	--
<b>NEW</b> 5:30-6:20 PM (UL) Power Hour Caysha	6-7:15 PM (LL) Restorative Yoga Robin	--	5:30-6:20 PM (LL) Cycle Gene	--	--	--
<b>NEW</b> 5:30-6:20 PM (LL) Youth Fitness Stephanie	--	--	6:30-7:20 PM (UL) Zumba Katie	--	--	--
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(UL) - UPPER LEVEL STUDIO  
(LL) - LOWER LEVEL STUDIO



**20/20/20 (Intermediate/Advanced)** is a trifecta of fitness features 20 minutes of dumbbell and barbell-based strength training, 20 minutes of floor-based cardio and 20 minutes of core for the grand finale.

**Aged For Action (A.F.A.) (Intermediate)** is designed for the active adult and senior, looking for a moderate challenge; complete with low impact exercises and strength, cardio and core training. Use of a chair for support is optional in this class.

**Barre (All Levels)** begins with upper-body exercises like planks and free weights to target the arms and back, then uses a ballet barre and body weight to strengthen the legs.

**Bootcamp (All Levels)** strengthen & tone the core (abs, back & butt)

**BURN (All Levels)** uses free-weights and bars. This total body workout will tone and define your body by targeting all muscle groups through traditional and functional exercises.

**Can Do Cancer (Beginner)** is a supportive group exercise class for individuals living with and living beyond cancer. Designed to build strength, balance and flexibility with the support of like-minded people who lift each other up.

**Chair Yoga (Beginner)** uses a chair for support, and challenges the body and mind through strengthening, stretching, relaxing and breathing.

**C.S.I. (Cardio Strength Intervals) (Intermediate/Advanced)** creates muscle definition in a hybrid class that combines intense cardio intervals and challenging strength moves.

**Cycle (All Levels)** focusing on cardio challenges and hill climbs at varying speeds & resistance.

**Flex & Flow (Beginner/Intermediate)** combines yoga-inspired stretches and fluid movements to improve flexibility, mobility, balance, and body awareness while promoting relaxation and stress relief.

**Foam Rolling Myofascial Release (MR) (Beginner/Intermediate)** Foam rolling is a technique that uses a foam tube to relieve muscle tightness, soreness, and inflammation, while improving range of motion. We apply pressure to tense areas to help them relax and lengthen.

**Functional Strength (Intermediate/Advanced)** is a full-body dynamic exercises that will improve strength, balance coordination, flexibility and power, using different rep counts and muscle grouping to ensure your leave stronger than before. *Getting up and down off the floor is a MUST.*

**HIIT (High Intensity Interval Training) (All Levels)** is a fast-paced, full-body workout designed to burn fat, build strength, and improve cardiovascular fitness in a short amount of time

**Kickboxing (Intermediate/Advanced)** is an action-packed workout that combines a series of punching and kicking. This class improves strength, muscle tone and endurance.

**Line Dancing (All Levels)** blends all genres with easy-to-follow step patterns. No experience needed—learn as you go through each level.

**Pilates (Intermediate)** improves flexibility, strength, and balance with a series of movements that will stabilize and strengthen your core.

**Pilates Sculpt (Intermediate/Advanced)** is an energizing fusion of body weight and weight training to sculpt and tone your body.

**Power Hour (All Levels)** A high energy, full-body strength class that combines free weights, core toning and bodyweight exercises for a powerful session that tones, sculpts and leaves you feeling strong.

**Raise the Bar (All Levels)** Move through squats, lunges, chest and overhead presses, triceps dips, bicep curls, and more. You'll leave the class feeling stronger and more confident.

**Restorative Yoga (Beginner/Intermediate)** means long, deep stretching poses held up to 5 minutes to work through muscle layers and allow connective tissues (ligaments, tendons, cartilage) to absorb fluid and assist in creating permanent flexibility.

**Silver Sneakers (Beginner)** has fun and moves to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living.

**Silver Sneakers Chair Yoga (Beginner)** gets you ready to move through a complete series of seated and standing yoga poses. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Step & Booty (Intermediate)** has basic to intermediate step combinations with intervals of focused lower body power moves.

**Strength & Sculpt (All Levels)** builds strength and muscle through exercises supported by a range of equipment. You'll challenge your body safely while improving posture, balance and overall strength. Great for anyone wanting improved strength, shape and confidence.

**Step & Sculpt (Intermediate)** is a high energy interval class combining step choreography and sculpting exercises. Upper and lower body exercises along with the high-impact cardio moves makes this a fun calorie-burning class.

**Step & Sweat (Intermediate)** high-energy workout that combines step aerobics with intense cardiovascular exercises. It's designed to improve cardiovascular endurance, coordination, and overall body strength.

**Strong Nation (Intermediate/Advanced)** combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match each move.

**Sunrise Yoga (All Levels)** is a multi-age, multi-experience level, alignment focused vinyasa (flow) practice based in traditional yoga. Breath work, standing and seated poses, deep stretching and final relaxation are practiced weekly.

**Train X3 (Intermediate/Advanced)** provides variety and spontaneity of strength, cardio and core work.

**WERQ (Beginner/Intermediate)** (pronounced "work") is a high-energy dance fitness class set to pop, rock, and hip-hop hits, offering a fun, effective cardio workout that feels more like a dance party.

**WERQ Gold (Beginner)** is just like WERQ but with low impact choreography!

**Yoga Flow (Beginner/Intermediate)** will focus on linking breath with a mindful flow. This class allows students to awaken their strength, energy, and flexibility in a fun atmosphere.

**Youth Fitness (All levels)** Designed to help children build strength, coordination, and confidence in a fun, safe, and supportive environment. Each class is led by experienced instructors with expertise in group fitness, ensuring age-appropriate training and positive encouragement for every child. Children ages 8 to 15.

**Zumba (All Levels)** is a feel-happy workout that combines a motivating fusion of Latin and International music with unique moves and dynamic combination.

**Zumba Gold (Beginner/Intermediate)** is for active older adults who are looking for a modified ZUMBA class to recreate the original moves you love at a lower intensity. The design introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.