

SCHEDULE OF CLASSES

Morning Classes							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00		High Fit	Pilates				
6:15	Circuit Training			Booty Buster	Circuit Training		
7:00		TRX		TRX			
7:30	Beg/Int Cycling		Beg/Int Cycling		Beg/Int Cycling		
8:00	High Fit	Spin	High Fit	Spin	Tabata	Tone & Sculpt	
9:15	Stretching		Stretching		Stretching		
10:00							

Evening Classes							
4:30		Silver TRX		Silver TRX			
5:15	Begin to Spin		Begin to Spin		Begin to Spin		
5:30	Dance Fit		Yoga	TRX +			
6:00		Yoga			Irish Set Dance		
6:30							

Class Name	Description
Total Body Tabata	A version of High Interval Training. It is an exercise strategy with short intervals of intense exercise followed by a short recovery period-repeated 8 times. This equates to burning up to 13 cal/min.
TRX	Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. Silver is slower paced. + Includes more calisthenics, running, intervals and weights.
Dance Fit	A fusion of music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness.
Yoga	Switch between Hatha and Vinyasa. Hatha is slow paced with holds. Vinyasa is a continuous rhythmic flow.
Cycling/Spin	Cycling/Spin builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing.
High Fitness	Old school aerobics made modern with added intense fitness-based choreography. Interval training moves with jump squats, burpees, tuck jumps, etc. Options given for all levels of fitness. An energetic, fun class.
Tone & Sculpt	Pilates base workout, usually on a mat throughout the class. While using bands, balls, and weights, you'll be working your arms, upper body, legs, and glutes/hamstrings/calf's. Come ready to work!
Booty Buster	A 30-minute workout targeting the glutes. You can expect squats, lunges, glute bridges, deadlifts, band work, donkey kicks, and much more. Come have some fun and feel the burn!
Circuit Training	Circuit training is a fast-paced combination of six or more exercises performed with short rest periods in between. This class is designed to get your heart pumping while simultaneously strengthening your muscles. Tabata, EMOMs, calisthenics, and weights.
Irish Set Dance	Irish set dancing is a square dance with four couples. It is not essential to bring a partner. No experience is necessary. Please wear smooth, hard-soled shoes (leather or composite and easy to move in). Come ready for lots of fun! *non-members are \$10.

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Monday-Thursday:5am-9pm Friday:5am-8pm
Saturday:7am-Noon Sunday:3pm-7pm

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