

SCHEDULE OF CLASSES

	Morning Classes						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Circuit Training	Pilates		Circuit Training			
7:00		TRX		TRX			
7:30	Beg/Int Spin		Beg/Int Spin		Beg/Int Spin		
8:00	High Fit		High Fit		High Fit	Tone & Sculpt	
9:15	Stretching		Stretching		Stretching		
	Evening Classes						
4:30		Silver TRX		Silver TRX			
5:15	Begin to Spin		Begin to Spin		Begin to Spin		
5:30	Dance Fit		Yoga				
6:00							
7:15		Line Dancing					

Class Name	Description
Pilates	A low Impact, mind-body exercise method focusing on core strength, postural alignment, and flexibility through controlled, precise Movements.
TRX/Silver	Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. Silver is slower paced.
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.
Line Dancing	Intermediate/Advanced Line Dance. We learn line dances to a variety of music styles, challenging your cardio and your brain. Get smarter while dancing!
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 Fit	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!
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.
Stretching	Improves mobility, flexibility, balance and relaxation.

HOURS OF OPERATION

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

ALL CLASSES INCLUDED IN MEMBERSHIP

ALL CLASSES ARE 45-60 MINUTES IN LENGTH