

**SCHEDULE OF CLASSES**

Morning Classes							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00			Pilates	Circuit Training			
6:15	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	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					
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. <b>Silver</b> 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.

\*\*\*HOURS OF OPERATION\*\*\*

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

