

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 Fitness | Spin | Tabata | Tone & Sculpt | |
| 9:00 | 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. 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. |

HOURS OF OPERATION

Monday-Thursday:5am-9pm Friday:5am-8pm

Saturday:7am-Noon Sunday:3pm-7pm