



**SCHEDULE OF CLASSES**

Morning Classes							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
6:00			Pilates				
7:00		TRX		TRX			
7:30	Beg/Int Cycling		Beg/Int Cycling		Beg/Int Cycling		
8:00	High Fitness	Spin	High Fitness	Spin	Tabata		
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	High Fitness		Yoga	TRX +	High Fitness		
6:00		Yoga					
6:30			High Fitness				

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. <b>+</b> Includes more calisthenics, running, intervals and weights.
Zumba	A fusion of Latin and international 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 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.

**\*\*\*HOURS OF OPERATION\*\*\***  
**Monday-Thursday: 5am - 9pm**  
**Friday: 5am - 8pm**  
**Saturday: 7am-Noon**  
**Sunday: 3pm - 7pm**

