




Exercise Class Schedule



	MORNING	AFTERNOON	EVENING
M o n	VINYASA YOGA: Marcy 6:30am—7:30 am 	DANCE FUSION: Delandis 12:15pm—1:00pm	POWER SCULPT YOGA: Cindy 6:30pm—7:30pm
		OUTDOOR BOOTCAMP: Liset 12:15pm—1:00pm	
		BOXING DRILLS & SKILLS: Nick 1:15pm—2:00pm	
T u e	CIRCUIT TRAINING: Rony 6:30am—7:30am	PILOXING®: Mayra 12:15pm—1:00pm	TRX - CORE: Donta' 6:30pm—7:30pm
		NOONTIDE HATHA YOGA: Guy 1:15pm—2:00pm	
W e d	SUNRISE HATHA YOGA: Guy 6:30am—7:30am	YOGA SCULPT: Brynn 12:15pm—1:00pm	PILOXING® Mayra 6:30pm—7:30pm 
		OUTDOOR BOOTCAMP: Vanessa/Rony 1:15pm—2:00pm	
		CYCLE MADNESS: Stephen 1:15pm—2:00pm	
T h u	CROSS TRAINING: Bruce 6:30am—7:30am	BOOTCAMP: Donta' 12:15pm—1:00pm	METCON MATRIX: Jason 6:30pm-7:30pm
		KICKBOXING: Johnny 1:15pm—2:00pm	
F r i	FUNCTIONAL FITNESS: Liset 6:30am—7:30am	PEAK PERFORMANCE CYCLING: Andy 12:15pm—1:00pm	CARDIO XPLOSION Rony 6:15pm-7:00pm 
		TOTAL BOD PILATES: Theresa 1:15pm—2:00pm	



GoStart program classes (in red) FREE for nonmember employees



CLASS DESCRIPTIONS



CHALLENGE THE BODY

BOOTCAMP – A high-energy training class emphasizing agility, plyometric, and endurance with resistance and body weight movements. **Each class is unique and varies in level of intensity.**

TRX-CORE – A moderate to high-intensity class that involves suspension training with TRX straps and incorporates stability exercises for core conditioning. **All fitness levels are welcome.**

CYCLE MADNESS – An energizing indoor group cycle class set to upbeat music. Keep the tempo and burn calories in this fun nonstop workout. **All fitness levels are welcome.**

DANCE FUSION – A choreographed dance class featuring various music and dance styles. Improve rhythm, coordination, and dance skills while getting fit. **All fitness levels are welcome.**

METCON MATRIX— A high intensity class that can include formats such as AMRAP's, Tabata's, HIIT & circuit training to build metabolic conditioning. **All fitness levels are welcome.**

CIRCUIT TRAINING—A high energy & moderate to high impact class, incorporating resistance training with weights, kettlebells, bands. **Each class is unique and varies in level of intensity.**

FUNCTIONAL FITNESS – A high-intensity class involving functional training through calisthenics, cable stations and weighted equipment. **Alternates between the main floor & group fitness room.**

CONDITION THE HEART

BOXING DRILLS & SKILLS — A boxing class emphasizing technique and form. Be prepared to hit heavy bags, uppercut bags and time reaction bags. **All fitness levels are welcome.**

CROSS TRAINING – A fast-paced class with cardio intervals and resistance training. The total body workout focuses on endurance and form. **Alternates between the main floor & group fitness room.**

KICKBOXING – A high-intensity class that emphasizes form and kicking techniques. Learn self-defense skills and relieve stress at the same time. **All fitness levels are welcome.**

PEAK PERFORMANCE CYCLING – Enhance your cycling technique and knowledge for peak performance with intense climbing and sprinting drills. **Moderate to advanced fitness levels.**

PILOXING® – A mix of boxing intervals, pilates training, and dance circuits all in one power-filled session. **All fitness levels are welcome.**

CARDIO XPLOSION - An all out cardio session that varies in intensity and timing to get the most benefits and improve your cardiovascular endurance.

OUTDOOR BOOTCAMP (Mon. & Wed.) – An outdoor circuit training class. Get fit with resistant training exercises and cardio intervals that build your endurance . **All fitness levels are welcome.**

CLEAR THE MIND

POWER SCULPT YOGA— A full body class that incorporates free weight resistance training through yoga routines to sculpt and tone your body. **Moderate to advanced fitness levels.**

HATHA YOGA (SUNRISE & NOONTIDE) – A series of poses and stretches that integrate breathing techniques, muscle elongation, toning, and spatial awareness. **All fitness levels are welcome.**

TOTAL BOD PILATES – A low-impact full-body workout that aims to build a strong core. Improve postural alignment, decompress the spinal cord, and increase flexibility. **All fitness levels are welcome.**

YOGA SCULPT – A total body workout class designed to tone and sculpt the body by using free weights that provide resistance and intensify each pose. **All fitness levels are welcome.**

VINYASA YOGA – A fast sequence-driven yoga flow that uses postures and stretches with breathing techniques to encourage proper alignment and balance. **All fitness levels are welcome.**

