



DECEMBER GROUP FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	5:30-6:30am Total Body Strength & Conditioning Spencer	5:30-6:30am Cycle Gena	5:30-6:30am Total Body Strength & Conditioning Spencer	5:30-6:30am Cycle Mandy	5:30-6:30am Total Body Strength & Conditioning Spencer		
6am							
7am		7:00-7:45am Active Older Adult (AOA) Spencer		7:00-7:45am Active Older Adult (AOA) Spencer		7:35-8:35am Pilates Stacy	
8am			8:00-8:45am Chair Yoga Meg				8:00-9:00am Cycle Sandy
9am	9:00-10:00am TABATA Bootcamp Spencer	9:00-10:00am Power Hour Liam	9:00-10:00am Hatha Yoga Meg	9:00am-10:00am Power Hour Liam	9:00-10:00am WERQ Spencer	9:00-10:00am Power Hour Liam	
10am		10:15-11:15am WERQ Spencer		10:15-11:15am WERQ Spencer		10:15-11:15am Zumba Laima	
11am	11:30am-12:30pm Yoga Freya						
12pm					12:00-1:00pm Bend & Breathe Spencer		
4pm		4:00-4:45pm Fit Kids Club Spencer		4:00-4:45pm Fit Kids Club Spencer			
5pm		5:45pm Zumba Laima		5:45pm Zumba Laima			
6pm	6:00-6:50pm Total Body Strength & Conditioning Kara	6:00-7:00pm Cycle Sandy	6:00-6:50pm HIIT Pilates Fusion Nikki		6:00-6:50pm Total Body Strength & Conditioning Sandy		
7pm	7:00-8:00pm Yoga Sculpt Nikki		7:00pm-8:00pm Yoga Flow Nikki				* Classes subject to change

Power Hour - 60 minutes of high-energy, total-body HIIT training—blending strength, endurance, and explosive power. This is your chance to push your limits, feel unstoppable, and own your fitness journey. Leave stronger, faster, and fully empowered.

Zumba- A dynamic, dance-fitness program that combines Latin and international music with choreographed movements, creating an engaging and effective workout.

WERQ—A high-energy, non-stop, cardio dance fitness class based on pop and hip-hop music. It's designed to be a fun, engaging workout that's accessible to all fitness and dance levels. WERQ classes feature a variety of dance styles, incorporate a warm-up and yoga-inspired cooldown, and are taught by certified fitness professionals.

Total Body Strength & Conditioning- Offers a comprehensive total body instructor led strength class. Work from muscle to muscle utilizing pump bars, free weights, and body weight to leave stronger than you felt walking in.

Cycle - Schwinn cycle classes offer a high-intensity, cardio-focused workout experience with a focus on both physical and mental fitness. These classes incorporate a variety of terrains and training styles, such as climbs, flat roads, and intervals, to challenge riders of all levels.

Yoga Flow - A vinyasa style yoga class, which follows the same sequence of 26 specific yoga poses and two breathing exercises. This non-heated version offers the benefits of building strength, flexibility, and mental focus through a set routine. The series of postures is designed to work every muscle group, promoting overall physical fitness and strength.

HIIT Pilates Fusion - Take your workout to a whole new level with high-intensity interval training (HIIT)! This super challenging, yet fun, class pushes you past your comfort zone with short bursts of intense exercise followed by short periods of rest. HIIT is an effective way to burn fat, build muscle and boost metabolism. This is a total body workout with a strong focus on the core. Can be modified for beginners or advanced. See you on your mat!

Yoga - Designed to deepen the mindbody connection for all fitness levels. Explore gentle strength, balance, and mobility training with the connection to breath through movement.

Pilates - Meet Stacy, a Mat Certified Pilates Instructor specializing in mind body connection. Stacy's classes are designed to improve balance, strength and flexibility. Whether you're a beginner or have some Pilates experience, Stacy will guide you on your Pilates journey, helping you move with greater ease and confidence.

AOA, or Active Older Adult class, is specifically designed to promote the physical and mental well-being of older adults. These classes are open to people of all fitness levels and experiences and are tailored to provide a safe and effective workout.

Fit Kids Club - Designed for young fitness enthusiasts aged 8-11, this class goes over the foundations of exercise and body mechanics. Incorporating plyometrics, Speed, Agility, and Quickness into the best 45 minute after school workout. Kids in this class will walk out feeling stronger, more confident, and ready for dinner!

TABATA Bootcamp - Join us for a 60-minute HIIT style burn! 1 exercise, 4 rounds, 20 seconds on with 10 seconds of rest in between. A combination of total body strength and resistance fueled by cardiovascular movements, this class is guaranteed to build muscular endurance and to get your heart rate up. Low Impact options always available!

Yoga Sculpt - If you are looking for a more intense workout than a traditional yoga class, this is the class for you! Yoga Sculpt is for those who enjoy vinyasa style yoga flow but want to incorporate more strength and cardio. By using light to moderate weights, resistance bands, and blocks, Yoga Sculpt aims to “sculpt” lean muscle and burn calories in a dynamic and fast-paced class format.

Chair Yoga - Breathing exercises, making it accessible for individuals with limited mobility or those seeking gentle practice. Classes typically involve gentle movements, stretches, and balance work to improve flexibility, relieve tension, enhance posture, and promote relaxation and mental clarity. It's an inclusive and supportive way for people of all ages and abilities to experience the physical and mental benefits of yoga in a safe, comfortable environment.

Hatha Yoga - A foundational & relatively slower-paced physical practice that emphasizes holding poses for longer to focus on alignment, breath control, and mind- body connection. Classes include gentle warm-ups, standing & seated postures, forward bends, backward bends, and a relaxing cool-down, with the goal of developing strength, flexibility, and relaxation for the entire body.

Bend & Breathe -Breathe your way into stronger flexibility and mobility. This stretch-focused class includes dynamic stretches combined with long holds to boost recovery, prevent injury, and improve the quality of our everyday movements. Available to all bodies of all levels of flexibility.