

1/6 - 1/12 CLASS SCHEDULES

GROUP EXERCISE

MON	TUE	WED	THU	FRI	SAT	SUN
Landlubbers 6:15 a.m. Clara	Total Body Conditioning 6:30 a.m. Chris	Music Video Cycle 6:30 a.m. Liz	Super Sculpt 6:30 a.m. Chris	TRX Circuit 6:30 a.m. Liz	Total Body Conditioning 9:30 - 10:45 a.m. Noosha	
Barre Fusion 9:05 - 9:45 a.m. Virginia	Studio Cycle 9:30 - 10:15 a.m. Steph	Barre Fusion 9:05 - 9:45 a.m. Virginia	Studio Cycle 9:30 - 10:15 a.m. Steph	Barre Fusion 9:05 - 9:45 a.m. Virginia		
Arms & Abs 4:45 - 5:15 p.m. Leyla	Studio Cycle 4:30 - 5:15 p.m. Guido	Studio Cycle 12:00 - 12:45 p.m. Karai	Studio Cycle 4:30 - 5:15 p.m. Guido	Arms & Abs 4:30 - 5:00 p.m. Katherine		
Gutts-N-Butts 5:30 p.m. Leyla	Ab Attack 4:30 - 5:00 p.m. Katherine	Ab Attack 4:45 - 5:15 p.m. Guido	Arms & Abs 4:30 - 5:00 p.m. Katherine	T.K.O. 5:00 p.m. Katherine		
Cardio Kickboxing 6:00 p.m. Katherine	Step Aerobics 5:00 p.m. Katherine	Gutts-N-Butts 5:30 p.m. Guido	Gutts-N-Butts 5:00 p.m. Katherine			Studio Cycle 9:15 - 10:00 a.m. Noosha
TRX Circuit 6:45 p.m. Liz	Total Body Conditioning 5:30 p.m. Guido	Zumba® 6:00 p.m. Rachel	Cardio Kickboxing 5:15 p.m. Guido			Total Body Conditioning 10:00 - 11:15 a.m. Leyla
Ab Attack 7:00 - 7:30 p.m. Katherine	Studio Cycle 5:30 - 6:15 p.m. Karai	Total Body Conditioning 6:45 p.m. Guido	Zumba® 6:00 p.m. Carolina			Zumba® 6:00 p.m. Rachel
Studio Cycle 7:15 - 8:00 p.m. Deirdre	Zumba® 6:00 p.m. Carolina	Dance Cardio 8:00 p.m. Benji	Ab Attack 6:30 p.m. Guido			
Zumba® 8:00 p.m. Hannah	Music Video Cycle 7:00 - 7:45 p.m. Chiara					

• Schedule subject to change.
 • Classes are FREE!
 • All classes are 1 hour in length, unless noted.
 • Classes are on a first-come, first-served basis.

KEY

- Multipurpose B
- Multipurpose C
- Multipurpose D
- Cycling Studio

- **Ab Attack:** A 30-minute, core-sculpting workout
- **Aquatic Exercise:** A dynamic aqua workout to improve overall fitness
- **Arms & Abs:** A 30-minute, core and upper body strengthening workout
- **Barre Fusion:** A 45-minute toning class to build your core and sculpt your total body
- **Cardio Kickboxing:** Combines boxing techniques with fast-paced cardio movements
- **Gutts-N-Butts:** Focuses on toning the lower body and core through various body-weight exercises and equipment
- **H₂O Pulse Cardio:** A 30-minute, core-sculpting workout
- **Music Video Cycle:** Indoor cycle class set to music videos
- **Step Aerobics:** An 80's Classic using a step platform to a choreographed routine for a fun, cardio workout!
- **Studio Cycle:** Indoor cycle class that guides riders through hills, intervals, jumps & sprints
- **Super Sculpt:** Get a total body workout using the step, weights, bars and bands to tone from head to toe
- **Total Body Conditioning:** A full-body workout with a mixture of cardio, strength, and core
- **Total Knockout (T.K.O.):** Torch fat with intense intervals of boxing, weight lifting, and conditioning drills! *8-12 oz boxing gloves recommended. No boxing experience required!
- **TRX Circuit:** A circuit style class that incorporates the TRX suspension trainer (limit 20)
- **Zumba®:** Combines high energy and motivating Latin music with unique moves and combinations

YOGA

MON	TUE	WED	THU	FRI	SAT	SUN
Vinyasa Flow 12:00 p.m. Adriana	Slow Flow 6:30 a.m. Adriana	Vinyasa Flow 12:00 p.m. Adriana	Slow Flow 6:30 a.m. Adriana	Vinyasa Flow 5:30 p.m. Tina	Hatha Flow 9:00 a.m. Martha	
Vinyasa Flow 5:30 p.m. Adriana	Mindful Meditation 7:45 - 8:15 a.m. Adriana	Power Flow 5:30 p.m. Tina	Mindful Meditation 7:45 - 8:15 a.m. Adriana		Power Flow 12:00 p.m. Carmen	
Beginner/Gentle 6:30 p.m. Tina	Hatha Flow 12:30 p.m. Mia		Hatha Flow 12:30 p.m. Carmen			
Mindful Meditation 6:45 p.m. Adriana	Vinyasa Flow 5:30 p.m. Rachel		Hatha Flow 5:30 p.m. Adriana			Vinyasa Flow 10:00 a.m. Tina
	Hatha Flow 7:00 p.m. Tina					Beginner/Gentle 12:30 p.m. Anamaria

KEY

Multipurpose A

Multipurpose C

- **Beginner/Gentle:** This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.
- **Hatha/Vinyasa Flow:** Vinyasa is a step-by-step progression that has a beginning, middle and end. The classes progress in a flow-like wave with each asana flowing into the next.
- **Power Flow:** Power yoga may be appropriate for those who are looking for a more strenuous practice that want to add flexibility, balance and concentration to their exercise routines.
- **Slow Flow:** A slow-moving, yin yoga inspired class. Poses will be held longer and emphasis will be on the movement of breath. Appropriate for all levels.

- Schedule subject to change.
- Yoga is a fee-based program.
- All classes are 1 hour & 15 minutes in length, unless noted.
- Please bring your own yoga mat.

Member Status

Monthly Fee

One-Time Pass

Student Member	\$10	\$7
Non-Student Member	\$20	\$10
Non-Member	N/A	\$10 + Facility Guest Fee