12/30 - 1/5 CLASS SCHEDULES

GROUP EXERCISE

MON	TUE	WED	THU	FRI	⊺ SAT
Landlubbers 6:15 a.m. Clara	Closed for New Year's Eve	Closed for New Year's Day	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	200		Studio Cycle 4:30 - 5:15 p.m. Guido	Barre Fusion 9:05 - 9:45 a.m. Virginia	
Arms & Abs 4:45 - 5:15 p.m. Leyla			Arms & Abs 4:30 - 5:00 p.m. Katherine	Arms & Abs 4:30 - 5:00 p.m. Katherine	
<mark>Gutts-N-Butts</mark> 5:30 p.m. Leyla			Gutts-N-Butts 5:00 p.m. Katherine	T.K.O. 5:00 p.m. Katherine	SUN
Cardio Kickboxing 6:00 p.m. Katherine			Cardio Kickboxing 5:15 p.m. Guido		<mark>Studio Cycle</mark> 9:15 - 10:00 a.m. Noosha
TRX Circuit 6:45 p.m. Liz			Ab Attack 6:30 p.m. Guido		Total Body Conditioning 10:00 - 11:15 a.m. Leyla
Ab Attack 7:00 - 7:30 p.m. Katherine					Zumba [®] 6:00 p.m. Rachel
Studio Cycle 7:15 - 8:00 p.m. Deirdre					
Zumba [®] 8:00 p.m. Hannah				 Classes are F All classes ar length, unless 	e 1 hour in 5 noted. on a first-come,
	T	Ŧ	1]		
KEY	 Aquatic Exercise: Arms & Abs: A 30- 	inute, core-sculpting worko A dynamic aqua workout to minute, core and upper boo	improve overall fitness dy strengthening workout		
Multipurpose B	 Barre Fusion: A 45-minute toning class to build your core and sculpt yout 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 				
Multipurpose C	• H ₂ O Pulse Cardio: A 30-minute, core-sculpting workout				

• Music Video Cycle: Indoor cycle class set to music videos

Multipurpose D

Cycling Studio

• 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!

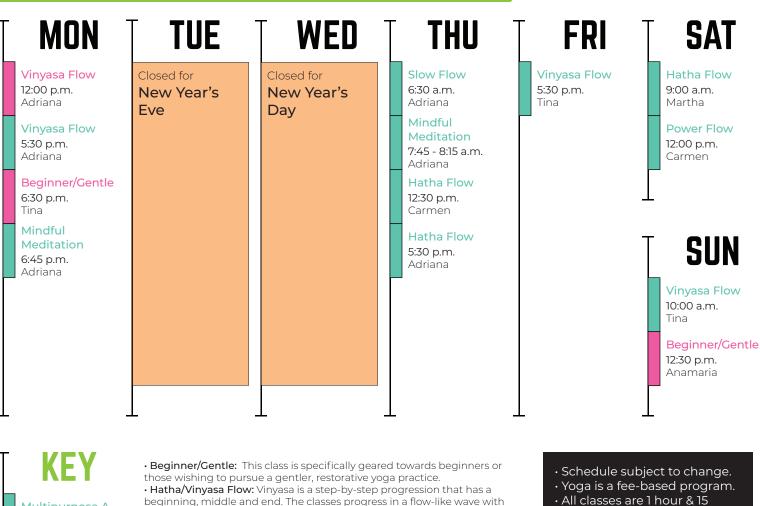
• TRX Circuit: A circuit style class that incorporates the TRX suspension trainer (limit 20)

• Zumba[®]: Combines high energy and motivating Latin music with unique moves and combinations

YOGA

Multipurpose A

Multipurpose C



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.

noted. Please bring your own yoga mat.

minutes in length, unless

Member Status	Monthly Fee	One-Time Pass
Student Member	\$10	\$7
Non-Student Member	\$20	\$10
Non-Member	N/A	\$10 + Facility Guest Fee