



SCHEDULE OF CLASSES

Morning Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		High Intensity Cycling		Cycling			C L O S E D
6:00	Pilates			Pilates			
7:00		TRX		TRX			
7:30	Beg/Int Cycling		Beg/Int Cycling		Beg/Int Cycling		
8:00	Dancefit	Spin	Total Body Tabata	Spin	Dancefit		
9:00	Stretching		Stretching		Stretching	Yoga	
10:00	Yin Yoga			Restorative Yoga	Yoga		

Child care available Monday-Friday 8AM-10AM

Evening Classes

4:00			Restorative Yoga	(4:30) Private Class			Yoga
5:00		Silver TRX					
5:15	Begin to Spin		Begin to Spin		Begin to Spin		
5:30	Dancefit	TRX	Zumba	TRX			
6:30	Barre	ReVamp Camp	Yoga				

Class Name	Description
DanceFit	A cardio focused class combining powerful moves with fun music for a challenging, effective, fun workout. The class is ideal for all fitness levels looking to change up their workout.
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.
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.
Barre	A combination of simple ballet barre method, Pilates, and bodyweight exercises to develop tone, strength, and flexibility from your glutes to your ankles. 30-45 minute class with a 15 minute stretch.
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.

*****HOURS OF OPERATION*****

Monday-Thursday: 5 AM-9 PM

Friday: 5 AM-8 PM

Saturday: 7 AM-11 AM 3 PM-7 PM

Sunday: 3 PM-7 PM

ALL CLASSES INCLUDED IN MEMBERSHIP

ALL CLASSES ARE 50-60 MINUTES IN LENGTH