

Fall/Winter Group Fitness

Monday

- 5:30am Body Pump 
- 8:00am Joint Works 
- 8:30am CX Worx 
- 8:45am EPHIT 
- 9:15am Body Pump 
- 9:00am Joint Works 
- 10:00am Joint Works 
- 5:00pm All Levels Yoga 
- 6:30pm Gentle Flow Yoga 

Tuesday

- 5:00am Cycle Fit 
- 8:00am Yoga 
- 9:30am Aerobic Kick 
- 10:00am Joint Works 
- 5:00pm EPHIT 
- 5:30pm Body Pump Express 
- 6:00pm Core Express 

Wednesday

- 5:30am Body Pump 
- 7:00am All Levels Yoga 
- 8:00am Joint Works 
- 8:30am CX Worx 
- 8:45am EPHIT 
- 9:00 am Chair Yoga 
- 9:15am Body Pump 
- 9:00am Joint Works 
- 10:00am Joint Works 
- 11:30 Relaxing Flow Yoga 
- 5:00pm Cycle Fit 

Thursday

- 5:00am Cycle Fit 
- 8:00am Yoga 
- 9:30am Aerobic Kick 
- 10:00am Joint Works 
- 5:00pm EPHIT 
- 5:30pm Body Pump Express 
- 6:00pm Core Express 

Friday

- 5:30am Body Pump 
- 8:00am Joint Works 
- 8:30am CX Worx 
- 8:45am EPHIT 
- 9:15am Body Pump 
- 9:00am Joint Works 
- 10:00am Joint Works 

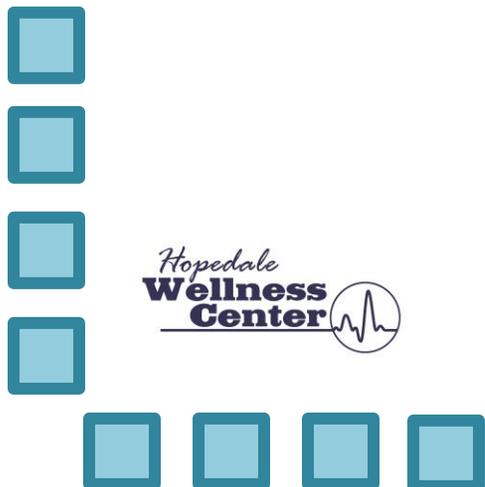
Saturday

- 8:30am Body Pump 
- 9:00am Energetic Flow Yoga 
- 10:00am Moderate Yoga 

Monday- Friday: 5:00am-9:00pm

Saturday: 7:30am-5:00pm

Sunday: 1:00pm-5:00pm



Class Descriptions

YOGA: (Level: varies)

***Gentle Flow-**

Gentle Flow is a slow paced practice focused on stretching, gentle Yoga poses and deep relaxation. Students learn how to relax and feel good in their body. Modifications are used throughout the class making it accessible for all.

***All Levels Yoga-**

In this All Levels class, modifications and variations are provided making it appropriate for any student. This class incorporates physical (asana) and breath work (pranayama) practices to encourage mind/body wellness.

***Moderate Yoga-**

This is a Vinyasa (fluid movement) yoga class. The breath is coordinated with each posture cultivating balance, flexibility, and strength. If you are looking to work up a sweat, this is the class for you! All levels welcome, but some experience with Yoga is recommended.

***Energetic Flow-**

Are you ready to wake up and feel more energized? Then this 45 min class is for you! This class will center around traditional Sun Salutations in yoga with the goal of warming up the body for an efficient workout. Some experience with Yoga is recommended but not required.

***Relaxing Lunch Yoga-**

Do you need a quick break from the hustle and bustle of life? Join us on your lunch break for some mild stretching and deep breathing aimed at releasing tension.

***Chair Yoga-**

Yogic stretching and breath work are all done in a chair for this class. Chair yoga is a great alternative for those with limited mobility or injuries. It is also helpful for people who sit at a desk all day and want to learn quick exercises they can do at their desk.

Body Pump: (Level: All levels)

This 60-minute additive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. (*Express class lasts 30 minutes)

CX Worx: (Level: All levels)

This class is all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body. Basically, CXWORX targets everything from the mid-thigh up to the shoulders, which is an area also known as your trunk. Classes last about 30 minutes.

Cycle Fit: (Level: All levels)

This indoor cycling class is a high energy, fun group workout focusing on endurance, strength & intervals for improving fitness levels. Cycle Fit is perfect for those who just want to saddle up and get fit without having to learn routines or specific moves. Classes last about 45 minutes.

EPHIT: (Level: Moderate-High Intensity)

This HIIT class involves various workouts that are similar to “crossfit” style WODs (Workout of the Day). The instructor changes the class up every day. Moves involved can range from core routines, Olympic weightlifting moves, cardio, body weight exercises etc. You will enjoy the variety! Time will vary.

Core Express: (Level: All levels)

This class focuses primarily on core strengthening. Pair this with Body Pump Express and you will get a full 60 minutes of a well-rounded workout! Classes last about 30 minutes.

Aerobic Kick: (Level: All levels)

This class combines martial arts techniques with fast-paced **cardio**. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Classes last about 60 minutes.

Joint Works: (Level: Low Intensity)

This class is specially designed for the individual with health concerns (Arthritis, Fibromyalgia, Replacements, etc). Exercises are performed in our warm water lap pool and class is taught by instructors certified through the Arthritis Foundation. Entrance to the pool can be used by ramp with hand rail. Knowledge of swimming is not required. Classes last about 1 hour.