|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **5:45am** | Java Jumpstart  5:45—6:10am | **Spin AM**  **5:45—6:30am**  **\*Starts Oct 31st** | Java Jumpstart  5:45—6:10am | **TRX Movement**  **5:30—6:15am**  **\*Starts Nov 2nd** | **Spin Interval**  **5:15—6:00am**  **\*Starts Nov 17th** |  |
| **8:30am** |  |  | **Heated Yoga**  **7:00—7:45am**  **\*Starts Nov 8th** |  |  | Specialty Snapshot  8:30—9:00am |
| **9:00am** | Forever Active  9:00—9:30am |  | Forever Active  9:00—9:30am |  | **Pilates**  **9:15—10:15am**  **\*Starts Nov 3rd** |  |
| **10:00am** |  |  |  |  |  |  |
| **12:00pm** |  | **Power Yoga**  **12:00—12:45pm**  **\*Starts Nov 14th** |  | Noontime Fitness Fusion  12:05—12:25pm |  |  |
| **1:00pm** |  | **Tai Chi**  **1:00pm—2:00pm**  **\*Starts Oct 31st** |  |  |  |  |
| **4:00pm** | After Work Shake Up  4:00—4:30pm |  | After Work Shake Up  4:00—4:30pm | **Straightforward Spin**  **4:00—4:45pm**  **\*Starts Nov 2nd** |  |  |
| **5:00pm** | **\*\*Health Switch**  **5:00—5:30pm** | Wild Card Workout  5:15—5:45pm |  | Body Blast  5:30—6:00pm |  |  |
| **5:45pm** | **Fundamental Yoga- Monday PM**  **5:45—6:45pm**  **\*Starts Nov 6th** | Triple Threat Tuesday  6:00—6:30pm |  |  |  |  |
| **7:00pm** |  | **Fitness Stretch and Tone**  **6:45—7:30pm**  **\*Starts Oct 31st** | Cardio Circuit and Stretch  7:00—7:30pm |  |  |  |

**After Work ‘Shake Up’:** Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We’ll get your heart rate up and build your body at the same time!

**Body Blast:** Blast your fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio and strength routines that will be tailored to the class’s needs. This is a great time to enjoy the music and feel the burn!

**Cardio Circuit and Stretch:** With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout. Each class ends with a 15 minute whole body stretch.

**Cardio Drumsticks:** This drumsticks cardio class is a full-body workout for all ages filled with motivating instruction and upbeat music that is sure to tone your body and work muscles you didn't even know you had! Each song will target a specific muscle group using light weight drumsticks.

**Fitness Stretch and Tone:** FST blends the best of mind/body formats in an energizing and calming atmosphere. All levels are welcome to experience the benefits of strength, balance, coordination, and flexibility.

**Forever Active:** This class combines cardio and strength training for those individuals seeking an active lifestyle and a little socialization.

**Fundamental Yoga PM:** This is the perfect class to learn about yoga and how to perform poses to the best benefit of your ability!

**Heated Yoga:** Hot Yoga is a "slow flow" class held on the pool deck in a warm, humid environment. The heat helps to loosen muscles leading to greater depth of stretch and releasing of bodily toxins. This class will incorporate slow, controlled movement through a variety of fundamental yoga poses that will help with physical strength and stability, mental clarity, and stress relief.

**Java Jumpstart:** Start your day with some java! This class works out all areas of the body and focuses on arms, legs, glutes and core.

**Pilates:** Experience the benefits of training from the center of your body out!  Pilates improves core strength, posture, coordination, muscle tone, strength, muscle endurance, coordination, and flexibility.

**Pre/Post Natal Class:** This 30 minute total body workout incorporates modifiable cardio conditioning, strength training, and focuses on core stability – all designed for the specific needs of expecting and new mothers’ bodies. Assists with reducing stresses and strains associated with major changes during and after pregnancy.

**Power Yoga:** Unroll your yoga mat for a full-body workout where you’ll explore the yoga postures and fundamental principles of Vinyasa yoga. This yoga class will fire up your core strength as you practice proper posture alignment, flow through yoga sequences and build heat from within by connecting breath to movement.

**Specialty Snapshot:** We will explore different styles of specialty classes that we may want to offer in the future on Saturdays.

**Spin AM/Spin Combo/Spin Interval/Spin 45/Straightforward Spin:** This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

**Triple Threat Tuesdays:** This class will give you a total body workout incorporating cardio, strength, and core exercises with a variety of equipment. This fast-paced, 30 minute class is sure to get your heart rate up, plus get in the muscle training at the same time.

**TRX Movement:** Designed to develop your core strength, this challenging full body workout will also help you build strength and stamina, and increase total body mobility and stability. The TRX suspension system challenges both your stabilizers and your major muscle groups.

**Wild Card Workout:** No boring, same old-same old workout routine! Each class offers a unique workout that features different equipment, timing, reps and routines to keep your mind alert and your muscles adapting.