

Program Schedule

Aug 6-12 2018

Monday				Tuesday				Wednesday				Thursday								
Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C					
<p style="text-align: center;">Open Holiday Hours 8am to 5pm No classes</p>																				

Friday				Saturday				Sunday				DROP-IN CLASS DESCRIPTIONS	
Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C		
													<p>Total Body HIIT/Bootcamp: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.</p> <p>Cardio Mix/Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.</p> <p>More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.</p> <p>Drop in Yoga: Introductory Yoga good for those who want flexibility and relaxation.</p> <p>Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.</p> <p>Strong by Zumba: Latin-inspired strength class with easy to follow moves.</p> <p>Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!</p> <p>Body Works: Fun filled class which challenges cardiovascular, strength and flexibility.</p> <p>Pound: A cardio jam session inspired by the energizing and sweaty fun of playing the drums.</p> <p>Spin: If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.</p> <p>Ask for more details on registered classes.</p>

Com. Rm.=Community Room
 St. A=Studio A
 St. B=Studio B
 St. C=Studio C

Schedule Subject to Change- See front desk for up to date schedule
 *requires registration and may have an additional class fee
 ^indicates Women's only classes

