










Group Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	6:00am		 45 min.				8:00am	Yoga/Pilates
	8:30am		Yoga					
	9:00am	Cardio Mix		Kickboxing		Cardio Mix	9:00am	Cardio Challenge
	9:45am	 35 min.		 60 min.		 35 min.	9:45am	 60 min.
	10:25am	Express Yoga				Express Yoga		
	4:30pm							
	5:30pm	Kickboxing	 60 min.	Intense Intervals	 60 min.			
	6:30pm	 60 min.						

Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday
	9:00am	Aqua	Aqua	Aqua	Aqua	Aqua
	6:15pm	Aqua		Aqua		Aqua

Class Descriptions:

Aqua: Cardio and toning workout for swimmers and non-swimmers. Great for those new to exercise or working with limitations. 55 min.

 : A rapid fat-burning class using barbells to give you the fastest way to tone and condition muscles! 60/45/35 min. formats.

Cardio Challenge: A rotating cardio class that's guaranteed to make getting out of bed Saturday morning worth it! 40 min.

Cardio Mix: A cardio class that's always changing--floor, step, kickboxing, etc. Intensity options let you choose your level of exertion. 40 min.

Express Yoga: A 30-min. version of the original.

Intense Intervals: A calorie-burning mix of cardio and muscle conditioning that will increase your endurance and tone your entire body. 55 min.

Kickboxing: Knock out a great workout in this high-energy cardio class which includes strength and stretch segments. 55 min.

Yoga: Learn to connect mind and body, build strength, release tension and improve flexibility. 55 min.

Yoga Pilates: Combining the best elements of yoga and pilates to strengthen the core, sculpt muscle and gain flexibility and balance. 55 min.