



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

### GROUP FITNESS SCHEDULE

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30AM	9:00-10:00 RAISE THE BAR Barbell class (Aerobics Room) (Limit 16 Participants) Analiza		9:00-10:00 RAISE THE BAR Barbell class (Aerobics Room) (Limit 16 Participants) Analiza		9:00-10:00 RAISE THE BAR Barbell class (Aerobics Room) (Limit 16 Participants) Stacy	
10:00-11:00AM						10:30-11:30 Yoga (Aerobics Room) (Limit 16 Participants) Analiza
11:00-12:00PM						
12:00-1:00PM		12:00 – 1:00 POWER YOGA (Aerobics Room) (Limit 16 Participants) Analiza	12:00-1:00 Tai Chi Chuan (Exercise Studio) Greg	12:00 – 1:00 POWER YOGA (Aerobics Room) (Limit 16 Participants) Analiza		
5:00-6:00PM		6:00-8:00 MORE THAN CONQUERORS MARTIAL ARTS: TAEKWONDO (Exercise Studio)				
6:00-8:00PM	6:30-7:30 GENTLE FLOW YOGA (Exercise Studio) (Limit 24 Participants) Erika  6:30-7:30 CARDIO BLAST (Aerobics Room) (Limit 16 Participants)	6:00-6:50 ZUMBA (Exercise Studio) Dawn  6:30-7:30 POWER SCULPT (aerobics room) Analiza  7:00-8:00 PiYo (Exercise Studio) Dawn	6:30-7:30 GENTLE FLOW YOGA (Exercise Studio) (Limit 24 Participants) Erika  6:30-7:30 CARDIO BLAST (Aerobics Room) (Limit 16 Participants) Tracy	6:00-6:50 ZUMBA (Exercise Studio) Dawn  6:30-7:30 POWER SCULPT (aerobics room) Rae		

\*schedule subject to change  
 Aerobics Room – Accommodates 16 Participants  
 Exercise Studio– Accommodates 24 Participants



**NEW! DROP IN POLICY:** Interested in trying out a class? Many of our adult classes allow for drop-ins! Group classes are \$7.00 to our community members! Drop-In availability may be limited due to space available in the class or studio.

\*Classes that allow the drop in rate will be denoted by the following icon: 

**POWER SCULPT** 

**(Beginner - Intermediate: Muscle Toning)**

Sculpt your muscles in this group fitness class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing lean muscle. You will use hand weights, loaded barbells, and your own body weight to change the shape of your body.

**Returning in the Fall!**

**Tuesday/Thursday - 6:30pm - 7:30 pm**

**Members - NO CHARGE Program Participants - \$80.00**

**RAISE THE BAR** 

**(Beginner - Intermediate: Muscle Toning)**

A conditioning class that will sculpt, strengthen and tone your entire body. With the help of a barbell, hand weights, step and energizing music, your entire body will feel the burn in no time!

**Monday/Wednesday/Friday - 9:00am - 10:00 am**

**Members - NO CHARGE Program Participants - \$120.00**

**CARDIO BLAST** 

**(Beginner - Intermediate: Weight Loss!)**

Blast your cardio fitness level through the roof with a class full of a variety of cardio exercises. This class may include kickboxing, step, hi/lo, and/or boot camp style exercises. Get ready to challenge your aerobic and anaerobic thresholds and get super fit!

**Monday/Wednesday - 6:30pm - 7:30pm**

**Members - NO CHARGE Program Participants - \$80.00**



**FINAL CUT** 

**(Beginner - Intermediate : Core Muscle Toning!)**

All Abs, all class. Looking for an abs challenge? Then try this series of Pilates ab exercises that will not only flatten your belly but will improve your posture. Let us help your midsection to make the Final Cut!

**Monday/Wednesday/Friday - 11:15 am - 11:45 am**

**Members - NO CHARGE Program Participants - \$60.00**

**PiYo** 

**Pilates + Yoga + nonstop movement!**

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small.

**Tuesday 7:00-8:00pm**

**Members - No Charge**

**Program Participants - \$44.00**

**ZUMBA** 

ZUMBA is here! Come join us as we take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba provides cardio, balance and flexibility, boosted energy, muscle conditioning, and fun!

**Tuesday/Thursday 6:00-6:50pm**

**Members - No Charge**

**Program Participants - \$80.00**