

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  | Sunday  |
|--|---|---|--|---|---|---|
| 5:30-6:30 am<br><b>CSI</b><br>Megan<br>Group Exercise Studio             | 6-7 am<br><b>TRX</b><br>Tamara<br>Fitness Studio                        | 6-7 am<br><b>HIIT</b><br>Tamara<br>Group Exercise Studio              | 5:30-6:25 am<br><b>Strength Training</b><br>Megan<br>Group Exercise Studio | 6:45-7:45 am<br><b>BodyPump</b><br>Karen<br>Group Exercise Studio   | 7:05-8:05am<br><b>Step Challenge</b><br>Megan<br>Group Exercise Studio          | 8-9 am<br><b>BodyCombat</b><br>Tony<br>Group Exercise Studio  |
| 8-8:50 am<br><b>HIIT Pilates</b><br>Patty<br>Group Exercise Studio       | 7:45-8:30 am<br><b>Mat Pilates</b><br>Eileen<br>Group Exercise Studio   | 7:45-8:30 am<br><b>Yoga Sculpt</b><br>Teresa<br>Group Exercise Studio | 6:30-7:15 am<br><b>BodyCombat</b><br>Kile<br>Group Exercise Studio         | 8:20-8:50 am<br><b>Stretch</b><br>Tina<br>Group Exercise Studio   | 8:15-9 am<br><b>RPM</b><br>Larry<br>Multipurpose Room                           | 9-10 am<br><b>TRX</b><br>Tamara<br>Fitness Studio   |
| 9-9:30 am<br><b>Stretch</b><br>Patty<br>Multipurpose Room                | 8:40-9:40 am<br><b>BodyPump</b><br>Jennifer<br>Group Exercise Studio    | 8-8:45 am<br><b>Zen</b><br>Julie<br>Group Exercise Studio             | 8:40-9:40 am<br><b>BodyPump</b><br>Neda<br>Group Exercise Studio           | 9:20-10:05 am<br><b>BARRE</b><br>Laura<br>Group Exercise Studio   | 8:15-9:15 am<br><b>BodyPump</b><br>Kile<br>Group Exercise Studio                | 9:00-10:00 am<br><b>Yoga</b><br>Jim/Larry<br>Multipurpose Room  |
| 9:45-10:30 am<br><b>Forever Fit</b><br>Tina<br>Group Exercise Studio     | 10:30-11:30 am<br><b>Chair Yoga</b><br>Patty<br>Multipurpose Room       | 9:15-10 am<br><b>RPM</b><br>Neda<br>Multipurpose Room                 | 9:45-10:45 am<br><b>Yoga</b><br>Jennifer<br>Fitness Studio                 | 9:30-10:15 am<br><b>RPM</b><br>Larry<br>Multipurpose Room   | 9:20-9:50 am<br><b>HIIT</b><br>Kile<br>Group Exercise Studio                    | 9:15-10 am<br><b>BARRE</b><br>Laura<br>Group Exercise Studio  |
| 9:45-10:45 am<br><b>Yoga</b><br>Jennifer<br>Multipurpose Room            | 11:45 am-12:30 pm<br><b>Zumba Gold</b><br>Lucy<br>Group Exercise Studio | 9:45-10:30 am<br><b>Forever Fit</b><br>Julie<br>Group Exercise Studio | 10:30-11:30 am<br><b>Chair Yoga</b><br>Jim<br>Multipurpose Room            | 9:30-10:30 am<br><b>Yoga</b><br>Jennifer<br>Fitness Studio<br>(Beginning July 5 -<br>Outside at Plunkett<br>Park) |   |   |
| Noon-1 pm<br><b>BodyPump</b><br>Heather/Neda<br>Group Exercise Studio    | 5:15-6:10 pm<br><b>BodyCombat</b><br>Larry<br>Group Exercise Studio     | Noon-1 pm<br><b>BodyPump</b><br>Jennifer<br>Group Exercise Studio     | 11:45 am-12:30 pm<br><b>Zumba Gold</b><br>Lucy<br>Group Exercise Studio    | 11:45 am-12:30 pm<br><b>Strength Training</b><br>Tamara<br>Fitness Studio   | 11:45 am-12:30 pm<br><b>Restorative Yoga</b><br>Eileen<br>Group Exercise Studio | See back for class descriptions or<br>visit <a href="http://courtsplus.com/group-exercise">courtsplus.com/group-exercise</a> for class descriptions |
| 5:30-6:30 pm<br><b>BodyPump</b><br>Heather/Kile<br>Group Exercise Studio | 6:15-7:15 pm<br><b>BodyPump</b><br>Larry/Kile<br>Group Exercise Studio  | 5-5:30 pm<br><b>HIIT</b><br>Kile<br>Group Exercise Studio             | 5:30-6:30 pm<br><b>Zumba</b><br>Lucy<br>Group Exercise Studio              | 5:30-6:30 pm<br><b>Restorative Yoga</b><br>Eileen<br>Group Exercise Studio  | 5-6 pm<br><b>BodyCombat</b><br>Tony<br>Group Exercise Studio                    | No outdoor shoes in studios.  |
| 5:30-6:30 pm<br><b>Zumba</b><br>Lucy<br>Fitness Studio                   |   | 5:35-6:20 pm<br><b>BodyPump</b><br>Kile<br>Group Exercise Studio      | 6:45-7:45 pm<br><b>Yoga</b><br>Jim<br>Group Exercise Studio                |   |   | Classes/Instructors subject to<br>change without notice.  |
| 6:45-7:45 pm<br><b>BARRE</b><br>Laura<br>Group Exercise Studio           |   | 6:30-7:15 pm<br><b>Zumba</b><br>Lucy<br>Group Exercise Studio         |  |   |   |   |

**BARRE:** Inspired by Pilates, strength training and Yoga, you will use light weights, gliding discs, bender balls and more while focusing on isometric holds to contract muscles. Small range movements combined with high reps will target your muscles and core like never before!

**BODYCOMBAT™:** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick, and kata your way through calories to superior cardio fitness.

**BODYPUMP™:** is the original barbell class that strengthens your entire body. BodyPump challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Your choice of weight will inspire you to get the results you came for and fast!

**Chair Yoga:** Get the benefits of yoga without being on the floor! Modified postures include seated and standing positions using the chair for support.

**CSI - Cardio Strength Interval:** Alternating cardio and strength training gives you the best of both! This class will utilize a variety of equipment.

**Cycle:** Our cycling classes are a low impact way to drive cardiovascular fitness and better muscular endurance. All skill levels benefit from cycling: first timers, intermediate level participants, street riders and experienced racers. Come join a fun and effective workout which impacts all your daily activities. We will fit you to a bike to maximize your ride.

**Forever Fit:** This low impact class is designed for beginners or those who are coming back to fitness. With some light weights and light cardio no class is ever the same!

**HIIT:** This calorie scorching workout mixes short bursts of high intensity work with short recoveries between. This class will take your fitness to the next level and leave you feeling stronger.

**HIIT Pilates:** The perfect combo! This Pilates fusion class incorporates Pilates with intervals that will strengthen not only your core but your entire body while increasing mobility and flexibility.

**Mat Pilates:** Pilates is a form of low-impact exercise that aims to strengthen abdominal muscles while improving postural alignment and flexibility.

**RPM:** An indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

**Step Challenge:** Burn tons of calories in this energetic, high paced step challenge class.

**Strength Training:** Using a variety of equipment and training methods, you will increase your strength and work on building lean muscle!

**Stretch:** A class of flexibility exercises for the entire body. All fitness levels are welcome.

**TRX:** This non-stop circuit is designed with functional movement patterns and high intensity efforts. This class will work your entire body. TRX workouts can be scaled to accommodate almost any level!

**Yoga:** A relaxing and non-impact class that will leave you feeling exhilarated. The regular practice of Yoga can restore and enhance strength, flexibility and balance to your mind and body.

**Zen:** A fusion style flexibility workout combining Pilates, Yoga and Strength in a flowing sequence.

**Zumba:** This class incorporates Latin and international rhythms along with dance steps like salsa, cumbia, merengue and reggaeton in a class that is fun and easy to do.

**Zumba Gold:** For the active older adult or individuals new to exercise. Motivating music, unique moves and combinations, fun and easy to do!