

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5:30-6:30 am <b>CSI</b> Megan Group Exercise Studio</p> <p>8-8:50 am <b>HIIT Pilates</b> Patty Group Exercise Studio</p> <p>9-9:30 am <b>Stretch</b> Patty Multipurpose Room</p> <p>9:45-10:30 am <b>Forever Fit</b> Tina Group Exercise Studio</p> <p>9:45-10:45 am <b>Yoga</b> Jennifer Multipurpose Room</p> <p>Noon-1 pm <b>BodyPump</b> Heather/Neda Group Exercise Studio</p> <p>5:30-6:30 pm <b>BodyPump</b> Heather/Kile Group Exercise Studio</p> <p>5:30-6:30 pm <b>Zumba</b> Lucy Fitness Studio</p> <p>6:45-7:45 pm <b>BARRE</b> Laura Group Exercise Studio</p>	<p>6-7 am <b>TRX</b> Tamara Fitness Studio</p> <p>7:45-8:30 am <b>Mat Pilates</b> Eileen Group Exercise Studio</p> <p>8:40-9:40 am <b>BodyPump</b> Jennifer Group Exercise Studio</p> <p>10:30-11:30 am <b>Chair Yoga</b> Patty Multipurpose Room</p> <p>11:45 am-12:30 pm <b>Zumba Gold</b> Lucy Group Exercise Studio</p> <p>5:15-6:10 pm <b>BodyCombat</b> Larry Group Exercise Studio</p> <p>6:15-7:15 pm <b>BodyPump</b> Larry/Kile Group Exercise Studio</p>	<p>6-7 am <b>HIIT</b> Tamara Group Exercise Studio</p> <p>7:45-8:30 am <b>Yoga Sculpt</b> Teresa Group Exercise Studio</p> <p>8-8:45 am <b>Zen</b> Julie Group Exercise Studio</p> <p>9:15-10 am <b>RPM</b> Neda Multipurpose Room</p> <p>9:45-10:30 am <b>Forever Fit</b> Julie Group Exercise Studio</p> <p>10:30-11:30 am <b>Chair Yoga</b> Jim Multipurpose Room</p> <p>Noon-1 pm <b>BodyPump</b> Jennifer Group Exercise Studio</p> <p>5-5:30 pm <b>HIIT</b> Kile Group Exercise Studio</p> <p>5:35-6:20 pm <b>BodyPump</b> Kile Group Exercise Studio</p> <p>6:30-7:15 pm <b>Zumba</b> Lucy Group Exercise Studio</p>	<p>5:30-6:25 am <b>Strength Training</b> Megan Group Exercise Studio</p> <p>6:30-7:15 am <b>BodyCombat</b> Kile Group Exercise Studio</p> <p>8:40-9:40 am <b>BodyPump</b> Neda Group Exercise Studio</p> <p>9:45-10:45 am <b>Yoga</b> Jennifer Fitness Studio</p> <p>10:30-11:30 am <b>Chair Yoga</b> Eileen Multipurpose Room</p> <p>11:45 am-12:30 pm <b>Zumba Gold</b> Lucy Group Exercise Studio</p> <p>5:30-6:30 pm <b>Strength Training</b> Tamara Fitness Studio</p> <p>5:30-6:30 pm <b>Zumba</b> Lucy Group Exercise Studio</p> <p>6:45-7:45 <b>Yoga</b> Jim Group Exercise Studio</p>	<p>6:45-7:45 am <b>BodyPump</b> Karen Group Exercise Studio</p> <p>8:20-8:50 am <b>Stretch</b> Tina Group Exercise Studio</p> <p>9:20-10:05 am <b>BARRE</b> Laura Group Exercise Studio</p> <p>9:30-10:15 am <b>RPM</b> Larry Multipurpose Room</p> <p>9:30-10:30 am <b>Yoga</b> Jennifer Fitness Studio (Beginning July 5 - Outside at Plunkett Park)</p> <p>Noon-1 pm <b>Restorative Yoga</b> Eileen Group Exercise Studio</p> <p>5-6 pm <b>BodyCombat</b> Tony Group Exercise Studio</p>	<p>7:05-8:05am <b>Step Challenge</b> Megan Group Exercise Studio</p> <p>8:15-9 am <b>RPM</b> Larry Multipurpose Room</p> <p>8:15-9:15 am <b>BodyPump</b> Kile Group Exercise Studio</p> <p>9:20-9:50 am <b>HIIT</b> Kile Group Exercise Studio</p>	<p>8-9 am <b>BodyCombat</b> Tony Group Exercise Studio</p> <p>9-10 am <b>TRX</b> Tamara Fitness Studio</p> <p>9:00-10:00 am <b>Yoga</b> Jim/Larry Multipurpose Room</p> <p>9:15-10 am <b>BARRE</b> Laura Group Exercise Studio</p>

See back for class descriptions or  
visit [courtsplus.com/group-  
exercise](https://courtsplus.com/group-exercise) for class descriptions

No outdoor shoes in studios.

Classes/Instructors subject to  
change without notice.

**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!