



Saturday			Sunday		
Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room
8:30-9:30 BodyPump Kile	8:00-9:00 OUTDOOR Zumba Lucy	8:30-9:30 Cycle Michelle	10:00-11:00 Yoga Larry <i>No Class May 23</i>	8:00-9:00 OUTDOOR BodyCombat Tony	
	9:30-10:15 Virtual STRONG Lucy			8:30-9:30 OUTDOOR TRX Tamara	

**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.
- **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:** A lighter, low impact class designed for those just beginning an exercise program. Resistance training follows the cardio portion of class.
- **Insanity:** A cardio-based total body-conditioning program that allows a person to beat the body's natural response of getting used to exercising at one level of exertion, pushing participants to new heights, resulting in more calories burned, faster results, and a more efficient metabolism.
- **Kettle Strength:** Increase muscle strength and power! Training with Kettlebells generate unique dynamic movements that challenges your core while increasing energy output for your entire body. Perfect for all fitness levels looking for a fun way to train
- **Lean 'n Mean:** A combination strength training and flexibility training to create long, lean muscles.
- **Les Mills Core (formally CXWORX):** LM Core is an intense core workout designed to build strength, stability and endurance in the muscles that support your core, including the abdominals, glutes and back muscles.
- **Pilates:** Pilates is a form of low-impact exercise that aims to strengthen abdominal muscles while improving postural alignment and flexibility. This class will incorporate both MAT and standing exercises.
- **Stretch:** A class of flexibility exercises for the entire body. All fitness levels are welcome.
- **STRONG:** Moving in sync with music to drive intensity, this non-dance based class is a combination of high intensity interval training exercises that will cause your fitness level to soar!
- **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, merengue, cha cha, and samba in a class that is fun and easy to do.
- **Zumba Gold:** For the active older adult or individuals new to exercise. Combines high energy and motivating music with unique moves and combinations. Fun and easy to do.