



Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM		morning workout with Kristy		morning workout with Kristy	
8:00 AM	<i>Young at Heart</i> with Megan		<i>Young at Heart</i> with Megan		<i>Young at Heart</i> with Crystal
8:15 AM		Cardio Strength with Anna			
9:00 AM	HIIT with Anna		Max Cardio with Anna		Instructors Choice with Anna
9:30 AM		<i>Silver Sneakers</i> with Kristy		<i>Silver Sneakers</i> with Megan	
10:30 AM		<i>Stretch & Pure Dance</i> Class Lead		<i>Stretch & Pure Dance</i> with Megan	
4:00 PM	Step Workout with Christy		Total Body Conditioning with Christy	HIIT with Christy	
5:30 PM	Yoga with Connie		Yoga with Connie	Yoga with Connie	

Class Schedules are Subject to Change

Class Descriptions

Cardio Strength (55 min) Get ready to tone your body from head to toe and leave this class sweaty yet satisfied. Utilize both body weight and added weight to work all of your body's major muscle groups. Building muscle increases bone density and causes calories to burn at a higher rate.

HIGH FITNESS (60 min) HIGH Fitness is an emerging leader in group fitness, inspiring people from all walks of life to a lifestyle of better health and overall wellness. HIGH transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love. This results in a high energy, INTENSE and crazy fun workout that leaves participants feeling HIGH and wanting more. Our formula alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level. If you are scared or need modifications, don't worry. Anna will give you choices to fit your fitness level.

HIIT (High Intensity Interval Training) (55 min) This class combines bursts of high intensity exercises with bouts of less intense movement. Heart rate is elevated to the anaerobic threshold, followed by an active recovery period. Toning, ab work and stretching included.

Morning Workout (55 min) Wake up, get out of bed, and jumpstart your day with a total body workout that involves cardio and muscle work. This class varies from day to day to keep you challenged and on your toes. Come start your day the right way!

LUNCH CRUNCH (40 min) A quick forty minute class that will consist of cardio and strength training. No excuses about not having time. Pack your gym bag for lunch and join the Lunch Crunch!

Pure Dance (45 min) For the those just starting an exercise program and love to dance. Pure dance combines a cardio workout with dance/exercise choreography. It is designed to work every part of the body, especially concentrating on a woman's specific needs. Pure dance features cardio, strength training, stretching, balance, and range of motion with a pop to country, jazz to Latin flavor.

Pure Strength (55 min) Build strength, add definition, and increase bone density. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. Use a variety of weight training equipment to change the shape of your body!

R.I.P.P.E.D. (55 min) The One Stop Body Shock fitness system is a total body workout that puts the Fun in FUNctional athletic based training. The formulaic combination of Resistance, Interval, Power, Plyometrics, Endurance, and Diet requires the body to respond to the constantly changing format within the session, offers ultimate results in minimal time, and with an evident emphasis on music, participants of all levels burn, build, and bulletproof their bodies with smiles and determination.

SilverSneakers® Classic (45 min) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated and/or standing support.

Step Workout (55 min) Be prepared to get a great cardiovascular workout through unique combinations of moves preformed on a raised platform. This platform can be adjusted to accommodate all fitness levels. Strength training, ab work and stretching included.

Total Body Conditioning (55 min) Are you ready to become an all-around fit individual? This class takes you through toning and strengthening utilizing plyometrics, free weights, endurance and cardiovascular exercises. TBC will push you in ways you have never been pushed before. Modifications will be shown making this class open to all fitness levels.

Max Cardio (55 min) Three dynamic formats packed into one intense class! If you are somebody that likes variety, then you will love the spontaneity of this class because it can change at any time! It will be a combination of strength, cardio and core – but every week will be a surprise!

Yoga (45 min) Build strength and flexibility while integrating your mind, body, and spirit. Various poses with progressions will work to improve both body alignment and kinesthetic awareness.

Young At Heart (50 min) A low impact aerobic floor workout incorporating strength training and flexibility