

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM		<u>Cycle</u> w/ Chris		<u>Cycle</u> w/ Pam		
6:00 AM	<u>Cardio/Strength</u> w/ Mindy	<u>Strength</u> w/ Mindy	<u>Cycle</u> w/ Mindy	<u>Strength</u> w/ Rebecca	<u>K.I.C.K</u> w/ Mindy	
7:00 AM	<u>Cardio/Strength</u> w/ Lisa	<u>Kettlebell*</u> w/ Thad	<u>Cardio/Strength</u> w/ Lisa	<u>Kettlebell*</u> w/ Thad	<u>Functional Flow</u> w/ Mike	
8:00 AM	<u>Strength</u> w/ Tina	<u>Cardio Kickbox</u> w/ Mike	<u>Strength</u> w/ Tina	<u>Cardio Kickbox</u> w/ Mike	<u>TRX</u> w/ Mike	
9:00 AM	<u>Strength</u> w/ Judy	<u>Yoga + Core</u> w/ Mike NEW!	<u>Strength</u> w/ Judy	<u>Yoga + Core</u> w/ Mike NEW!	<u>Line Dance</u> w/ Judy	<u>Instructor's Choice</u> w/ Rotation January 10th & 24th only
10:00 AM	<u>Cardio/Strength</u> w/ Mike	<u>Chair Yoga</u> w/ Mike (Studio 1)	<u>Cardio/Strength</u> w/ Mike	<u>Chair Yoga</u> w/ Mike (Studio 1) <u>Cycle</u> w/ Mindy	<u>Chair Yoga</u> w/ Mike (Studio 1)	
11:00 AM	<u>Zumba Gold®</u> w/ Eddie	<u>Stretch & De-stress</u> w/ Tami (Studio 1)	<u>Zumba Gold®</u> w/ Eddie	<u>Stretch & De-stress</u> w/ Tami (Studio 1) NEW!		
12:00 PM		<u>Functional Movement***</u> w/ Mike (Studio 1) NEW!		<u>Functional Movement***</u> w/ Mike (Studio 1) NEW!		
3:30 PM	<u>Cycle</u> w/ Ray					
3:45 PM		<u>Express Fitness</u> w/ Tanailyn	<u>Express Cycle</u> w/ Mike NEW!	<u>Express Fitness</u> w/ Tanailyn		
4:30 PM	<u>Zumba®</u> w/ Shyra	<u>Cardio/Strength</u> w/ Mike	<u>Zumba®</u> w/ Eddie	<u>Zumba®</u> w/ Jennifer (Studio 1) <u>Cardio/Strength</u> w/ Mike		*Fundamentals Required **Registration Required ***Additional Fee & Registration Required
5:30 PM	<u>Power Yoga</u> w/ Mike (Studio 1) NEW! <u>Strength</u> w/ Kristen	<u>Core Fusion</u> w/ Mandy (Studio 1) <u>Iron Yoga</u> w/ Mike	<u>Barre w/ weights</u> w/ Vicki (Studio 1) <u>Strength + Core</u> w/ Mike NEW!	<u>Iron Yoga</u> w/ Mike		Classes are held in Studio 3 unless otherwise indicated
6:30 PM		<u>EDGE Boot Camp***</u> w/ Mandy NEW!				

CLASS DESCRIPTIONS

Barre w/ weights – A ballet inspired workout designed to challenge your core stability and balance. This class launches a total body workout that tones your abs, hips, and seat.

Cardio/Strength – Experience a full-body cardio & strength-training workout in one! Cardio portions may include hi-lo, kickboxing, dance, step, athletic drills, and cycle! Strength segments will consist of total body exercises using dumbbells, kettlebells, body bars, exercise bands, BOSU trainers, stability balls, and more! No previous experience required. All fitness levels welcome!

Cardio Kickbox – Enjoy this fun, heart-pumping workout while learning the basic elements of kickboxing, punches, kicks, knees, elbows, and combinations. This class will help build stamina, improve coordination and flexibility, and lean muscle. All fitness levels are welcome!

Chair Yoga – Enjoy the exploration of alignment, strength, balance, flexibility, breath, and relaxation in this supportive chair-based class. This class offers Yoga benefits using a chair as a prop for support, balance, and advancing the pose as appropriate for every participant. No Yoga experience needed.

Core Fusion – This class is based in Pilates and features moves from a variety of disciplines designed to strengthen and tone the muscles in your core. This class will use a variety of equipment (small balls, magic circles, foam rollers, weights, and bands).

Cycle – Class to challenge your cardiovascular and muscular endurance. Each class is full of energy-powered intervals, hill climbs, sprints, and drills to build endurance, strength, and speed.

Express Cycle – A fast-paced indoor cycling class designed to deliver an efficient, high-energy workout. Short intervals and recovery periods build cardiovascular endurance, leg strength, and power in just 30 minutes.

Express Fitness – Make the most of your exercise routine in this dynamic 30-minute interval training class. Enjoy a comprehensive workout featuring a variety of exercises designed to help you burn calories, enhance your cardiovascular health, build muscle and strength, all while saving you time. All fitness levels are welcome!

Functional Flow – Designed to provide an educational experience while strengthening your body at end ranges of motion for stability, mobility, and balance. This class blends flow, mindful movement, and breathing while providing feedback and coaching to move better on and off the yoga mat.

Instructor's Choice – This strength, cardio, or flexibility/meditation class will be designed by the instructor. Check the rotation sign at the front desk and monthly e-newsletter for the specific class featured each Saturday. *All fitness levels are welcome!*

Iron Yoga – Where strength meets stillness. This all-levels class blends kettlebell training with yoga flow to build functional strength, mobility, and core stability. Expect breath-driven movement, mindful transitions, and a grounding meditation to finish. Ideal for kettlebell fans looking to stretch—and yogis ready to get stronger.

Kettlebell – Use kettlebells to work the entire body emphasizing the hips, hamstrings, and core musculature. *Pre-requisite: Functional Kettlebell:* Must have healthy hips, back, shoulders and knees.

K.I.C.K - The workout is designed for all levels of participants and has a strong cardiovascular focus, but also features strength, balance, and core work. It combines kickboxing, interval cardio training, core/balance work, and very basic kettlebell strength exercises.

Line Dance – Enjoy a fun, energetic dance workout filled with popular line dances like the Electric Slide, Cha Cha slide, etc. This class requires no previous dance experience, just a willingness to try!

Power Yoga – Where strength meets stillness. This all-levels class blends kettlebell training with yoga flow to build functional strength, mobility, and core stability. Expect breath-driven movement, mindful transitions, and a grounding meditation to finish. Ideal for kettlebell fans looking to stretch—and yogis ready to get stronger.

Strength – Enjoy this total body workout designed to increase your muscular strength by targeting all your major muscle groups. This class utilizes equipment, dumbbells, kettlebells, body bars, exercise bands, BOSU trainers, stability balls, and more! A must for all levels!

Strength + Core – A bodyweight-focused strength class designed to improve core stability, balance, and functional strength. Controlled, intentional movements help build coordination and whole-body control for everyday movement.

Stretch & De-stress – Designed to stretch your body and mind, we explore a variety of effective tools to release tension. The class focus includes mindful stretching, breathing, and intentional contemplation to release unwanted stress. All levels welcome!

TRX – With TRX Suspension Training, participants harness their body weight to create resistance as they train to build core and overall strength. This total body workout is open to all levels!

Yoga + Core – A yoga-based class that emphasizes core strength and stability through poses, balance work, and mindful transitions. Build strength, body awareness, and control in a supportive, all-levels environment.

Zumba® – Enjoy a mixture of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class is a total workout, combining all fitness elements – cardio, muscle conditioning, balance, flexibility, boosted energy, and a serious dose of awesome each time.

Zumba Gold® – Enjoy easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination, providing energetic yet low-impact dance fun! Come ready to sweat and prepare to leave empowered and feeling strong.

HOURS OF OPERATION: Monday-Thursday: 5:00 am - 8:00 pm, Friday: 5:00 am - 6:00 pm, Saturday: 7:30 am -12:00 pm, & Sunday: Closed