

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 5:15am Pump-Ellette 5:15am \$ TRX-Kelly 8:00am Abs-Cathy 8:15am Cardio Mix-Cathy 8:15am Cycling40-Ellette 9:00am SilverSneakers-Cathy 9:00am \$ TRX BodyBlast-Ellette 4:15pm Pump-Ellette 5:30pm Pump-Matt	31 5:15am Cycling50-Ellette 7:15am \$ TRX-Cathy 8:15am Pump-Ellette 9:15am Pilates-Cathy 12:10pm \$ TRX-Audrey 4:15pm \$ TRX Circuit-Ellette 5:15pm Hatha Yoga-Dr Kerry 5:30pm Cycling40-Kathy 6:20pm Zumba-Nikki	1 5:15am Pump-Kelly 8:00am Abs-Patti 8:15am Cardio-Patti 8:15am Cycling40-Ellette 9:00am SilverSneakers-Patti 9:00am \$ TRX Bosu-Cathy 4:15pm Pump-Ellette 5:30pm Pump-Matt	2 5:15am Cycling40-Ellette 5:50am Abs-Brett 6:00am \$ TRX-Ellette 8:15am Pump-Ellette 4:15pm \$ TRX Core-Sydney 5:15pm \$ TRX-Sydney 5:15pm Hatha Yoga-Jenny 6:20pm Zumba-Nikki	3 5:15am \$ TRX-Kelly 7:15am Cardio Blast-Cathy 8:00am Power Yoga-Audrey 9:00am SilverSneakers-Cathy 9:00am \$ TRX Circuit-Ellette	4  Kick OFF Your Super Bowl 7:15am \$ TRX-Ellette 8:15am Tail Gate Ride60-Ellette
6 5:15am Pump-Ellette 5:15am \$ TRX-Kelly 8:00am Abs-Cathy 8:15am Cardio Mix-Cathy 8:15am Cycling40-Ellette 9:00am SilverSneakers-Cathy 9:00am \$ TRX BodyBlast-Ellette 4:15pm Pump-Ellette 5:30pm Pump-Matt	7 5:15am Cycling50-Ellette 7:15am \$ TRX-Cathy 8:15am Pump-Ellette 9:15am Pilates-Cathy 12:10pm \$ TRX-Audrey 4:15pm \$ TRX Circuit-Ellette 5:15pm Hatha Yoga-Dr Kerry 5:30pm Cycling40-Kathy 6:20pm Zumba-Nikki	8 5:15am Pump-Kelly 8:00am Abs-Patti 8:15am Cardio-Patti 8:15am Cycling40-Ellette 9:00am SilverSneakers-Patti 9:00am \$ TRX Bosu-Cathy 4:15pm Pump-Ellette 5:30pm Pump-Matt	9 5:15am Cycling40-Ellette 5:50am Abs-Brett 6:00am \$ TRX-Ellette 8:15am Pump-Ellette 4:15pm \$ TRX Core-Sydney 5:15pm \$ TRX-Sydney 5:15pm Hatha Yoga-Jenny 6:20pm Zumba-Nikki	10 5:15am \$ TRX-Kelly 7:15am Cardio Blast-Cathy 8:00am Power Yoga-Audrey 9:00am SilverSneakers-Cathy 9:00am \$ TRX Circuit-Ellette	11 8:15am 20 20 20-Cathy 
13 5:15am Pump-Ellette 5:15am \$ TRX-Kelly 8:00am Abs-Cathy 8:15am Cardio Mix-Cathy 8:15am Cycling40-Ellette 9:00am SilverSneakers-Cathy 9:00am \$ TRX BodyBlast-Ellette 4:15pm Pump-Ellette 5:30pm Pump-Matt	14 5:15am Cycling50-Ellette 7:15am \$ TRX-Cathy 8:15am Pump-Ellette 9:15am Pilates-Cathy 12:10pm \$ TRX-Audrey 4:15pm \$ TRX Circuit-Ellette 5:15pm Hatha Yoga-Dr Kerry 6:20pm Zumba-Nikki	15 5:15am Pump-Kelly 8:00am Abs-Patti 8:15am Cardio-Patti 8:15am Cycling40-Ellette 9:00am SilverSneakers-Patti 9:00am \$ TRX Bosu-Cathy 4:15pm Pump-Ellette 5:30pm Pump-Matt	16 5:15am Cycling40-Ellette 5:50am Abs-Brett 6:00am \$ TRX-Ellette 8:15am Pump-Ellette 4:15pm \$ TRX Core-Sydney 5:15pm \$ TRX-Sydney 5:15pm Hatha Yoga-Jenny 6:20pm Zumba-Nikki	17 5:15am \$ TRX-Kelly 7:15am Cardio Blast-Cathy 8:00am Power Yoga-Audrey 9:00am SilverSneakers-Cathy 9:00am \$ TRX Circuit-Ellette	18 7:15am \$ TRX-Kelly 8:15am Cycling50-Ellette  10:30am Partner Yoga-Dr Kerry
20 5:15am Pump-Ellette 5:15am \$ TRX-Kelly 8:00am Abs-Cathy 8:15am Cardio Mix-Cathy 8:15am Cycling40-Ellette 9:00am SilverSneakers-Cathy 9:00am \$ TRX BodyBlast-Ellette 4:15pm Pump-Ellette 5:30pm Pump-Matt	21 5:15am Cycling50-Ellette 7:15am \$ TRX-Cathy 8:15am Pump-Ellette 9:15am Pilates-Cathy 12:10pm \$ TRX-Audrey 4:15pm \$ TRX Circuit-Ellette 5:15pm Hatha Yoga-Dr Kerry 5:30pm Cycling40-Kathy 6:20pm Zumba-Nikki	22 5:15am Pump-Kelly 8:00am Abs-Patti 8:15am Cardio-Patti 8:15am Cycling40-Ellette 9:00am SilverSneakers-Patti 9:00am \$ TRX Bosu-Cathy 4:15pm Pump-Ellette 5:30pm Pump-Matt	23 5:15am Cycling40-Ellette 5:50am Abs-Brett 6:00am \$ TRX-Ellette 8:15am Pump-Ellette 4:15pm \$ TRX Core-Sydney 5:15pm \$ TRX-Sydney 5:15pm Hatha Yoga-Jenny 6:20pm Zumba-Nikki	24 5:15am \$ TRX-Kelly 7:15am Cardio Blast-Cathy 8:00am Power Yoga-Audrey 9:00am SilverSneakers-Cathy 9:00am \$ TRX Circuit-Ellette	25 7:15am \$ TRX-Cathy 8:15am Zumba-Nikki 

GROUP FITNESS CLASS DESCRIPTIONS

PUMP: Pump is included with Membership. Non-Members pay \$8 per class. Pump provides a total body workout incorporating weighted bars and weights. Pump is a high energy class with multiple exercises that will fatigue your muscles and improve your endurance. Pre-Registration Required to serve a spot.

Cycling: Cycling is included with Membership. Non-Members pay \$8 per class. Cycling provides an intense cardio workout for any level. Pre-Registration Required to serve a spot.

Cycling30: 40 Plus Minute Cycling Class. Pre-Registration Required to serve a spot.

Member Privilege / On-Line Registration Policy for Pump and Cycling

The On-Line policy has been implemented to ensure fairness to all members and to provide outstanding Customer Service.

1. Please stop by the Front Desk to check in and receive your pass to class.
2. All member house accounts must be current in order to reserve on-line.
3. If you are unable to attend class at the designated start time your spot will be forfeited.
4. In the event a member reserves a spot in class but cancels and/or no show on (2) or more occasions, on-line privilege will be suspended for (2) weeks.
5. If you have reserved a spot on-line but cannot attend class, please call the Front Desk before the start of class and cancel your spot.



Zumba: Dance your way to a fitter you. Zumba offers exciting and unique Latin rhythm and moves. This class is taking the world by storm.

Abs: 15 Minute core strength workout.

Cardio: Be pushed to the limit with this total body workout. Can you go the distance?

Cardio Mix: Complete Body Workout incorporating cardio and strength endurance. Can you go the distance? Cardio Circuit is designed to increase your heart rate and burn fat.

Pilates: Pilates combines the principles of Pilates mat work with standing cardiovascular rhythmic patters, designed to burn calories while building strength, stamina and balance.

Power Yoga: The name Power Yoga says it all. It is a type of Yoga that will produce a vigorous cardio and full body workout. Power Yoga also promotes mental stability and concentration.

Hath Yoga: All levels class focusing on the integration of classical Hatha Yoga philosophy and practices. Hath Yoga helps to develop flexibility and alignment, by holding postures for longer periods of time. This class is designed to purify and strengthen body, breath and mind.



SilverSneakers Muscular Endurance: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support. *SilverSneakers Non-Member Rates \$5 per class.

SPECIALTY CLASS DESCRIPTION: \$ Indicates Specialty class and requires an extra payment

TRX Suspension Training? TRX stands for Total Resistance Exercise. Developed by a U.S. Navy SEAL, this is a revolutionary method of levered bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. TRX suspension training offers a versatile workout for all skill levels and ages. No matter how fit you are, or how big or strong you are, TRX can be challenging. This tool is used for personal training, by the military, professional sports teams, bodybuilders, and those in mixed martial arts. Whether you are a high performance athlete, a weekend warrior, a stay at home mom, or just someone trying to stay in shape and get an edge, TRX can benefit people from all walks of life. This is a great compliment to any workout.

Space is Limited! Sign-Up On Line or Reserve a Spot

No Show or canceling within 2 hours before the start of class will result in loss of payment and / or loss of Punch.