





















July GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		 Tyler		 Eva		
7: 00am 	Hatha Yoga Sarah		Hatha Yoga Sarah		Hatha Yoga Sarah	
7:30am		Core with Sheila		Core with Sheila		
8:30am	Stretch, Tone Balance-Sheila Blackburn GYM B	 Sheila	Stretch, Tone, Balance- Sheila Blackburn GYM B	 Edie	Stretch, Tone & Balance – Sheila Blackburn GYM B	
9:00 am	Water Fit ROSE	Water Fit JUNE	Water Fit ROSE	Water Fit JUNE	Water Fit Rose	
9:45am	 Lisa	Alignment Yoga Carol Ann	Yoga Sculpt Chris	Flow Yoga Jocelyn	 Lisa	
11:00 am		Qigong/Tai Chi Carol Ann	Dance Fit Kim 🧘❤️ Low-med impact	Qigong Tai Chi Carol Ann	Dance Fit Kim 🧘❤️ Med High Impact	
12:00 pm	 Bonnie	 Bonnie	 Teresa	HITT FIT & Core Ann Marie	 Kathleen	
2:00pm					Water Fit Genevieve	
5:30pm	Popup Dance 6:30 Monday 7-13	Spin Fusion Vanessa		Spin Fusion Vanessa		
5:30pm 6:30 Monday July 13 th Popup	 Nyoka Water Fit Genevieve Dance Sherri/Nyoka	Barre Shannon Water Fit(Lucy)	 Lisa Water Fit Genevieve	 Sheila Water Fit(Lucy)		



A high-energy interval 55 minute training class that combines athletic aerobic movements with strength and stabilization exercises.



Body pump is the original barbell to music resistance training class. You will increase muscular and cardiovascular strength and endurance as well as tone and shape. Every class features the latest hard hitting and inspiring tunes.



You CAN have it all! Get cardio, strength, balance and flexibility all in a fun 55 minute class. Easily modifiable, this class is for every fitness level.

Dance Fitness – This 45 minute class combines upbeat songs and fun dance moves into a fun and energizing calorie burning workout! No experience necessary!



DDPY workouts combine yoga positions, sports rehab therapy, old school calisthenics, and dynamic resistance. This workout is for all fitness levels and will strengthen muscles, ligaments and tendons while stabilizing core muscles, increasing flexibility, agility and balance.

Mobility - Extend your fitness routine to include flexibility & stability. MOBILITY, is an intentional approach to lengthen muscles & tendons that have shortened or are exceedingly tight as the result of lifting, a surgery, or work related activities. Class structure includes mobility training with basic yoga movements.

Pilates - Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs.

Spin - This 45 minute class will fly by as you work sprints, intervals and speed training in our indoor cycling studio. **Spin Fusion** – This class is an intense combo class where indoor cycling meets strength training-combined with weights, bands & floor exercises.

Stretch, Tone, & Balance Each class consists of stretching exercises suitable for all fitness levels to increase flexibility and maintain muscle fluidity. Various toning techniques are used to strengthen arms, abs and legs and are suitable for all fitness levels.

Tai Chi A meditative, low impact series of gentle rounded movements performed to enhance health, strength, flexibility and balance.

Yoga Increases the body's ability for ease of motion and mobility in daily living while improving both balance and flexibility. Participation will bring a heightened awareness of the body-mind connection and potential. **Hatha Yoga** - emphasizes physical postures (asanas) and breathing techniques (pranayama) to promote balance and well-being

Water Fit Also known as water aerobics, this class offers the participant the wonderful opportunity to enjoy the healing power of water while improving overall fitness through cardiovascular exercises that improve endurance, muscle tone and flexibility via water resistance, all in a low impact setting that is easy on the joints.

Barre - Barre is distinguished from other group fitness activities by its use of the [ballet barre](#) and its incorporation of movements derived from [ballet](#)

HIIT Fit & Core – A high intensity interval training class to tap into your anaerobic zone to burn fat faster and elevate your heart rate, And Shred those Abs, Options provided for all levels of fitness

Group Core = Group Core trains you like an athlete in 30 action packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform—all to challenge you like never before. **HARD CORE!**