



GROUP EXERCISE SCHEDULE: December 30 – February 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30- 7:15am Body Sculpting <i>Melissa</i>	6:20-7:20am Rise & Ride* <i>Kristin</i>	5:45-6:45am Early Ride - <i>Sherri</i>	6:20-7:20am Rise & Ride* <i>Kristin</i>	6:30-7:30 am Rise & Ride* W/ <i>Frank</i> or 6:30 – 7:15am Body Sculpt- <i>Melissa</i>	
	9:15-10:15am 20/20/20 <i>Kristin</i>	9:15-10:15am NIA - <i>Julie</i> 10:15-11:00am Pilates - <i>Will</i> 11:00-11:30am Yoga - <i>Kristin</i>	9:15-10:15am Step & Sculpt <i>Irene</i>	9:15-10:15am NIA <i>Cindy</i> 10:15- 11:00am Pilates - <i>Will</i> 11:00- 11:30am Yoga - <i>Kristin</i>	9:15-10:15am Mix it up - <i>Marie</i>	8:30-9:30am Body Sculpt <i>Kerin</i>
1:30- 3:00pm Century Ride* <i>Wendy</i>	Noon-12:45pm  <i>Kristin</i>	11:45-12:45pm Complete Cycling* <i>Kristin</i>	Noon-12:45pm  <i>Kristin</i>	11:45- 12:45pm Complete Cycling* <i>Kristin</i>	12:00- 12:45pm  <i>Kristin</i>	9:45-10:45am Saturday Cycling w/ <i>Kerin</i> *
	4:00-5:00pm Gearing Up* <i>Kristin</i>		4:00-5:30pm Century Ride* <i>Kevin</i>	4:30-5:30pm Body Basics	4:00-5:00pm Complete Cycling* <i>Wendy</i>	
	4:30-5:30pm Body Basics	4:30-5:30pm Intro to StudioCycling* - <i>Katie</i>		5:15-6:15 pm Rev It Up * <i>Ava</i>		
	5:30-6:30pm Yoga <i>Wendy</i>		5:30-6:15pm Pilates <i>Kerin</i>	5:30-6:30pm Step - <i>Sherri</i>	5:30-6:30pm Pilates <i>Ava</i>	
	6:15 -7:15pm *Complete Cycling - <i>Robin</i> or 6:30- 7:30pm Body Blitz <i>Sherri</i>	6:35-7:20pm Super Step - <i>Becky</i>	6:15-7:00pm Total Body Blitz <i>Kerin</i> 7:00-7:30pm Yoga	6:30 -7:15 pm Upper Cuts & Everything Butt - <i>Ava</i>		
		7:30-9:30pm Adult Judo	6:30-7:30pm *Complete Cycling - <i>Ava</i>	7:30-9:30pm Adult Judo		

* Denotes classes held in the Cycling Studio

(Class descriptions on reverse side)

Beginners, advanced exercisers, men and women of all shapes, sizes and fitness levels are encouraged to join us. Our instructors will demonstrate techniques that utilize varying degrees of difficulty.

MIX IT UP - A combination class, incorporating aerobics and strength conditioning

STEP – Using a 4, 6, or 8-inch bench, you will combine foot patterns with various arm movements. Your workout will be challenging regardless of your individual fitness level.

STEP & SCULPT- A great workout for both cardiovascular conditioning and muscular conditioning. Combines step workout with intervals of targeted resistance exercise.

SUPER STEP - A 45 minute class of choreographed step aerobics

SILVER SNEAKERS- SilverSneakers® Muscular Strength & Range of Movement

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.

20/20/20 – 20 minutes of cardiovascular exercise, 20 minutes of strength training, 20 minutes of Yoga or flexibility exercises.

BODY BASICS - Participants select their aerobic activity, followed by instructor-led muscle condition and flexibility exercises. Perfect for any level, especially beginners.

LIFELINE - As with *Fit for Life*, participants select their aerobic activity, followed by instructor-led muscle condition and flexibility exercises. Perfect for any level, especially beginners

PILATES - A series of controlled movements design to provide improved flexibility strength, for overall conditioning as well as mental relaxation.

NIA - If you like to dance, you'll love this class. Nia combines the powerful movements of martial arts, the strengthening poses of yoga, and the graceful movements of modern and ethnic dance.

TOTAL BODY BLITZ – The class where you get a little bit of everything. Combines a cardio workout with body sculpting, stretching and Pilates

BODY SCULPT – A toning class, using light weights, and resistance movements for overall muscle conditioning and body shaping

YOGALATES – A combination of Yoga and Pilates for overall strength, flexibility, and relaxation

YOGA – A blend Yoga for strength, flexibility and relaxation

UPPER CUTS - A class that focuses solely on shaping and sculpting the upper body

ANYTHING BUTT – A class that focuses on shaping and sculpting the lower body

GROUP CYCLING – Indoor stationary cycling at its best. Your instructor will lead you on a journey performed to music.
Cycling Class Descriptions:

INTRO TO STUDIO CYCLING – designed for the beginner

RISE AND RIDE – Is an early morning cycling class, designed to give the complete cycling experience

COMPLETE CYCLING- Is a varied workout and includes all aspects of group cycling

THE CENTURY RIDE- Combines varied speeds and rolling hills

GEARING UP- Focuses on climbing; great for the heart, lungs and the legs

REV IT UP- Is a fast paced intense class

All fitness levels are encouraged to participate. If you are new to group cycling, please try to get to class a few minutes early and make the instructor aware that you are a novice.

Please wear comfortable clothes and stiff soled athletic shoes or cycling shoes, and don't forget your water bottle!