


MARCH 2025 GROUP FITNESS SCHEDULE

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------|--------------------------------|---|---------------------------------------|---|--|---|--|
| 5:15 a.m. | | | Boot Camp ROBIN | | Boot Camp CHRISTI | Above the Belt RANDAL | |
| 5:50 a.m. | | Indoor Cycling RANDAL | | Indoor Cycling RANDAL | | Indoor Cycling RANDAL | |
| 6:15 a.m. | | | 15-Minute Abs ROBIN | | 15-Minute Abs CHRISTI | | |
| 6:30 a.m. | | Stretch & Strengthen BETH | Barre Express RAYDENE | Yoga BETH | Barre Express RAYDENE | | |
| 8:00 a.m. | Body Shaping CHRISTI | Silver Sneakers Classic DIANE | | Silver Sneakers Classic DIANE | | Silver Sneakers Classic DIANE | |
| 8:30 a.m. | | Spintervals CHRISTI | Indoor Cycling CHRISTI | Barre BETH | Indoor Cycling JACKIE | Super Stations RANDAL | Indoor Cycling ALTERNATING INSTRUCTORS |
| 9:30 a.m. | | Cardio Fusion ALEX | Body Shaping ALICIA | Spin & Sculpt ALICIA | Super Stations ALEX | Power Stretch & Balance RANDAL | Yoga LAURIE |
| 10:45 a.m. | | Silver Sneakers Classic TESSA | Yoga Stretch LINDA | Silver Sneakers Classic ALICIA | Silver Sneakers Circuit LAURIE | Silver Sneakers Classic ALICIA | |
| 12:05 p.m. | | Body Shaping MISTY | Yoga Flow LAURIE | Body Shaping CHRISTI | Body Shaping ALICIA | Pilates MISTY | |
| 1:30 p.m. | Yoga LINDA | | | | |  | |
| 4:45 p.m. | | Fit HIIT LAURIE | Step & Strength CHRISTI | Fit HIIT LAURIE | Pilates MICHELLE | | |
| 5:30 p.m. | | Barre BETH | Night Ride ROBIN | Indoor Cycling with Abs CHRISTI | Spin & Sculpt ALICIA | | |
| 6:30 p.m. | | | | | | | |

- **ABOVE THE BELT** This 30-minute toning class uses a variety of equipment to focus on arms and abs.
- **BARRE** Barre uses elements of ballet, Pilates and yoga to help you achieve a “dancer’s body”—strong, sleek and streamlined. The exercises rely mainly upon one’s bodyweight for resistance, and the moves challenge your core stability and balance.
- **BARRE EXPRESS** This 45-minute Barre class will have you finished in time to get started with your busy day!
- **BODY SHAPING** This hour-long full-body toning class utilizes weights, resistance bands, stability balls, and more, to challenge your muscles while conditioning the entire body.
- **BOOT CAMP** This fun outdoor class will challenge your endurance, agility and strength.
- **CARDIO FUSION** This class incorporates agility movements, cardio conditioning and strength training to work your body to the maximum and boost that metabolism.
- **CARDIO-SCULPT** This class meets in the weight room rotating through stations with ease. Feel the burn!
- **CORE HIIT** This class focuses on the muscles of the core with a mixture of cardio and strength. With these ab-focused intervals, you’ll get rest in between sets of innovative exercises to challenge your mid-section on a new level.
- **FIT HIIT** Short-burst interval class containing cardio and weight training to get your heart pumping and sweat dripping! All fitness levels welcome.
- **HIGH LOW** Low impact aerobics and toning—but HIGH energy!
- **INDOOR CYCLING** Ultimate indoor cycling challenge designed to simulate a variety of terrain and training techniques guaranteed to get your heart pumpin’ and your legs churnin’! The energy and enthusiasm is contagious! Enjoy the ride to great tunes alongside great comrades!
- **NIGHT RIDE** In this 45-minute indoor cycling class, you will be immersed in darkness with black lights and minimal cueing from the instructor. The music will be the main focus with the beats leading your ride through sprints, hills and intervals.
- **PILATES** Connect with your inner strength while improving posture and joint mobility. This class focuses on stabilization of the torso, recruiting abdominal muscles and transferring that energy to strengthen the limbs through a series of movements that will challenge you both physically and mentally. Based on deep diaphragmatic breathing techniques with precision and flow of physical movements, Pilates helps to increase muscle stamina and develop a strong foundation to rebalance the rest of the body.
- **POWER STRETCH & BALANCE** This 30-minute class is a combination of yoga

stretching and core work sure to improve your flexibility and balance.

- **SILVER SNEAKERS CIRCUIT** This class is designed to improve cardiovascular endurance while safely increasing intensity levels of upper body strength with non- and low-impact aerobic movements.
- **SILVER SNEAKERS CLASSIC** Silver Sneakers is a fun, energizing program that helps older adults take control of their health by encouraging physical activity.
- **SPIN & SCULPT** 50% indoor cycling with 50% strength training—what more could you ask for?!
- **SPINTERVALS** This hour-long class of intervals of spin and strength training will fly by while giving you a full body workout.
- **STEP & STRENGTH** Get a full-body workout with this mix of fun, step choreography with strength training interval moves.
- **STRETCH & STRENGTHEN** Focus on improving muscle strength and flexibility, this class incorporates weight machines, ending with a post-workout stretch routine.
- **SUPER STATIONS** You’ll never be bored in this class! Keep moving from different stations, while getting a total body workout through a variety of exercises.
- **SURGE** HIIT cardio and high repetition weight training set to music that you know and love.
- **YOGA** Yoga builds a strong body, mind and spirit. This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility.
- **YOGA FLOW** A fusion of many different styles of yoga to strengthen, tone and stretch the body.
- **YOGA RESTORE** With breath and body awareness, this class helps to work on flexibility and getting comfortable with letting go. The class is designed to alleviate soreness and create space in the hips, joints and spine. Practice patience as you endure long holds and leave feeling freer and taller.
- **YOGA SCULPT** This yoga-inspired workout combines traditional yoga poses and hand weights to help strengthen and lengthen every muscle in your body.
- **YOGA STRETCH** This is a seated, stretching and modified standing yoga class that will gently increase range of movement. Emphasis will be on safely building muscle strength to improve balance and coordination to become steadier on your feet. It is never too late to start reversing the aging process and to transform your life with the healing powers of yoga.
- **15-MINUTE ABS** Much more than crunches, this class uses a variety of equipment and the latest moves to tone up those core muscles.