

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total Body Strength 6 – 6:45 a.m. Group Exercise Studio Dahei	Vinyasa Yoga 5:30 – 6:30 a.m. Mind Body Studio Kiley	Pilates Strength 6 – 6:45 a.m. Mind Body Studio Jill	Rise and Ride 5:30 – 6:15 a.m. Cycle Studio Jimmy	Small Group Training *Fee required 5:45 – 6:45 a.m. Westside Turf Jimmy		
	Barre Sculpt 6 – 6:45 a.m. Group Exercise Studio Karen	HIIT the Turf 6:30 – 7:15 a.m. Westside Turf Jimmy	Core & More 6:15 – 6:45 a.m. Westside Turf Jimmy	Yoga-lates 6 – 7 a.m. Group Exercise Studio Jill	Saturday Sunrise Yoga 9 – 10 a.m. Mind Body Studio Kiley	
Aqua Move 8 – 8:45 a.m. Warm Water Pool Sarah	Cycling Strength & Stamina 6 – 6:45 a.m. Cycle Studio Larry	Zumba® 9 – 9:50 a.m. Group Exercise Studio Barb D.	Hip/Hop Step 6:15 – 7 a.m. Group Exercise Studio Mojo		*Kids Yoga: Ages 5-12 10:15 – 11 a.m. Mind Body Studio Kiley	
Cardio & Tone 9:30 – 10:15 a.m. Group Exercise Studio Michelle		Tai Chi 11 a.m. – 12 p.m. Group Exercise Studio Barb	Barre Sculpt 9 – 9:45 a.m. Group Exercise Studio Michelle	Hip/Hop Step 12 – 12:45 p.m. Group Exercise Studio Mojo	Hip/Hop Step 10 – 11 a.m. Group Exercise Studio Shonna	
		Kettlebell Blast 12:15 – 1 p.m. Group Exercise Studio Dahei	Yin Yoga 10 – 11 a.m. Mind Body Studio Jennifer		*Kids Hip/Hop Step: Ages 5-12 11:15 a.m. – 12 p.m. Group Exercise Studio Shonna	Kettlebell Blast / Cardio Boxing 1 – 2 p.m. Group Exercise Studio Dahei
Cycle Training 5:45 – 6:30 p.m. Cycle Studio Jimmy	HIIT the Turf 5:45 – 6:30 p.m. Westside Turf Dahei	Cycling Strength & Stamina 6 – 6:45 p.m. Cycle Studio Larry	Total Body Strength 5:45 – 6:30 p.m. Group Exercise Studio Jimmy		Myofascial Release 11:30 a.m. – 12:30 p.m. Mind Body Studio Rosie	
Beginner Hip/Hop Step 5:45 – 6:30 p.m. Group Exercise Studio Shonna	Intermediate Hip/Hop Step 6:15 – 7:15 p.m. Group Exercise Studio Shonna	Pilates 6 – 6:45 p.m. Mind Body Studio Karen	Zumba® 6:30 – 7:20 p.m. Group Exercise Studio Barb D.			
Xtreme Burn 6:30 – 7:15 p.m. Group Exercise Studio Shonna			Power Yoga 6:30 – 7:30 p.m. Mind Body Studio Kiley			
Gentle Yoga 6:30 – 7:30 p.m. Mind Body Studio Becky	Yin Yoga 7 – 8 p.m. Mind Body Studio Kiley	Vinyasa Yoga 7 – 8 p.m. Group Exercise Studio Rosie				

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Aqua Yoga – Low-impact and therapeutic for joints while not sacrificing the strength and stability aspects of yoga. Students do not submerge underwater from the shoulders up in this class.

Aqua Move – Get moving in this low impact workout by using cardio and strength movements utilizing your bodyweight, noodles and water weights.

Barre Sculpt – Utilize light weights combined with repetitive, small, and isometric movements to improve strength and balance. Movement is constant in this class in order to achieve steady state cardio to maintain a consistent heart rate.

Beginner Tai Chi – Improve balance and control of your body by performing gentle, relaxing and low-impact series of movements while focusing on slow, deep breaths

Cardio & Tone – Burn calories and have fun doing a variety of cardio movements with bodyweight or weights.

Core & More – Develop functional core strength and stability performing plank variations, bird dogs, a variety of crunches and core circuits.

Cycling Strength & Stamina – Combines heart-pumping cardio with strength-building resistance, alternating between steady endurance segments and challenging climbs or sprints. You'll push through intervals that enhance both stamina and muscular strength. Great for all levels!

Cycle Training – Beginner to cycling? Cycle training is the perfect place to start. Learn the basics of cycling as you sprint and climb to good music for a great workout.

Hip/Hop Step – Step is BACK! Hip Hop Step is a great way to burn calories and build endurance while having some fun. All fitness levels welcome.

HIIT the Turf – High Intensity Interval Training on our indoor turf space, including stations of a variety of exercises for a full body workout.

Kettlebell Blast – Full body workout with kettlebells only. Learn a multitude of kettlebell exercises with proper technique for strength cardio and conditioning.

Kids Hip/Hop Step & Yoga– Kids 5-12 years old can be healthy, move, and have fun in one our kids classes. Limited to Family and Parent with Children memberships only

Myofascial Release – A form of massage and physical therapy that applies pressure to trigger points to reduce muscle soreness, tension, and stiffness, as well as improve range of motion and blood circulation. Learn how to manage your pain from injuries, physical activity and more.

Pilates – Low impact workout and repetitive exercises with a main focus on core strength and development.

Power Yoga – Combining Ashtanga with the flow of Vinyasa you will build strength and muscular endurance with this higher intensity yoga practice.

Rise and Ride – Start your day off right with a morning cycle workout by performing sprints and climbs. All experience levels welcome!

Total Body Strength – Higher intensity class that hits every part of the body. Whether it's squats, lunges, rows, push-ups, deadlifts or core, you'll feel good all over.

Vinyasa Yoga – Dynamic and fluid style of yoga that emphasizes the synchronized movement of breath with a sequence of poses. Also known as "flow yoga," Vinyasa includes seamless transitions from one posture to another to improve strength, balance, stability and mobility.

Yin Yoga – Slower pace and meditative style of yoga where positions are held for a longer duration to target the deep fascia and connective tissue.

Yoga-lates – Just as the name says, get the best of both worlds with 30 minutes of yoga and 30 minutes of Pilates.

Zumba® – Follow repetitive choreography to great music for a fun and calorie burning aerobic form of exercise from this Latin inspired dance workout.