

Denotes classes dependents may attend

Revised 1-09-15

STUDIO 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00a-7:00a		PumpRx Lori Lyons	Precision Strength Beth	PumpRx Lori Lyons				
8:15a-9:15a	Cardio 4 All Michelle B	ZUMBA Jeananne	ZUMBA Ryan	Cardio 4 All Beth	ZUMBA Jeananne	800a	R.A.W. Michelle G	
9:30a-10:20a	Turbo Kick Maureen	Precision Strength Beth	R.A.W. Michelle G	Precision Strength Karen H	Sports Conditioning Sue	915a	Precision Strength Cynthia	Power Step (9:00a) Paula
10:30a-11:20p	Precision Strength Cynthia	ZUMBA Diane	Yoga Shari	ZUMBA Jeananne		1030a	Pilates Mat Karli	Yoga Argie (10:15a)
11:30a-12:20p	Belly Dance Anne	HIITRx Molly	ZUMBA Deneen	TABATA BOOTCAMP Maureen				
12:30p-1:20p	Functional Fitness Anne	Gentle Yoga Shari	Functional Fitness Cynthia	Gentle Yoga Shari	Functional Fitness Cynthia			
5:00p-5:30p	Core Focus Cynthia	Integrated Yoga Argie	Core Focus Aurelia	TABATA BOOTCAMP (5:15p) Cynthia	Core Focus Cynthia			
5:30p-6:30p	Boot Camp John		TABATA BOOTCAMP (5:30-6:10) Cynthia					
6:30p-7:30p	ZUMBA Jeananne	Precision Strength (6:15p) Judy	ZUMBA Wayne	Precision Strength (6:15p) Judy	ZUMBA (6:00p) Tina			
7:30p-8:30p	PIYO Molly	HIIT Rush (7:30-8) Judy	Yoga Argie	HIIT Rush (7:30-8) Judy				

STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00a-7:00a	Cycle 45 Beth		Cycle 60 Karen F		Cycle 45 Beth			
8:15a-9:15a	Cycle 60 Karen F.	Fit for Life (8:30-9a) Molly		Cycle 45 Michelle G	Cycle 60 Karen H.	745a	Adv. Cycle Karen F (Oct 18-Apr)	
9:30a-10:30a	Pilates Mat Karen H	Cycle In / Yoga Out (9:15a) Michelle B.	Cycle to the Core (9:15a) Michelle B.		Prana Yoga Karen H	900a		Vinyasa Flow Bob
10:30a-11:30a	Prana Yoga Karen H		BodyWorks Barre Karen H.		BodyWorks Barre Karen H.	930a	Cycle 45 Paula	
1130a-12:20p		Pilates Mat Shari		Pilates Mat Shari				
5:15p-6:00p		Pilates Mat Shari		Yoga 45 Shari				
6:00p-7:00p	Cycle 60 Paula	Yoga 45 Shari	Cycle Strong (5:45) Aurelia	Pilates Mat Shari				

POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:00a	Deep Water Cathy				AQUA ZUMBA Lori L			
9:00a	Shallow Strength Cathy	In the Deep Christine O	Aqua Lite Christine Z	H2OBootcamp Karen F	Aqua Lite Cathy	900a	Shallow Splash Karenina	
11:00a		Warm H2O Christine Z		Warm H2O Christine Z		1000		AQUA ZUMBA Lori L
6:30p		In the Deep Karenina		In the Deep Karenina		1030	Warm H2O Karenina	

LifeStyles Group Exercise Class Descriptions WEST

Cardio Endurance Classes

BodyWorks Barre	A barefoot class that focuses on strength, coordination, and balance using the elements of dance and yoga.
Boot Camp	Challenge yourself with intervals of strength and cardio for a full body workout. All levels are welcome.
Cardio 4'All	An easy to follow yet challenging high/low impact workout for ALL AGES and fitness levels.
Functional Fitness	Low intensity standing and/or seated exercises to enhance your ability to perform life's daily tasks. Improve your mobility, flexibility, balance and stamina.
RAW	Athletic training class guaranteed to raise the bar on your fitness training. Be prepared to work hard! Recommended for the intermediate to advanced participants.
HIITrx	High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT training not only helps performance, it also improves the ability of the muscles to burn fat.
Sports Conditioning	A high-intensity interval training class that incorporates BOSU, core board, and/or step drills.
Tabata Bootcamp™	A physical & mental challenge that will increase your metabolism & muscular endurance using intervals of intense work followed by recovery periods. Class time will vary 35-45 minutes for recovery.
TurboKick®	The freshest music and moves, inspired by dance, boxing and martial arts, come together to create a cardio PARTY...but be ready for the SIREN...it means you get a bonus cardio BLAST!
Zumba Fitness®	An exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party!
HIIT Rush	High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT training not only helps performance, it also improves the ability of the muscles to burn fat. HIIT Rush incorporates high intensity interval cardio bursts into this 30 minute format.

Indoor Cycling Classes

Advanced Cycle Skills	Geared towards cyclists and triathletes who want to maintain their fitness during "off season"
Cycle In/ Pilates Out	An Intense 40 minutes of Cycle followed by 20 minutes of Pilates Core/Powerhouse work and Stretching
Cycle In/Yoga Out	An intense 30-40 minutes of cycling followed by a yoga segment to add strength and flexibility
Cycle Strong & Fit	Class Consists of 30 to 40 minutes of intense cycling drills finishing STRONG with muscular intervals sure to keep the heart pumping and challenge your fitness level!

Strength/Muscular Endurance Classes

Advanced Strength	We emphasize proper form and technique as we systematically fatigue each muscle group. Intermediate.
Core Focus	This 30-minute class includes strengthening the abs, back, glutes and more to enhance core strength.
Fit For Life	Small group class designed for individuals who have had cardiac events, cancer treatments, or other chronic illnesses looking to stay active, improve well-being in a positive atmosphere. Phase 4 of Cardiac Rehab.
Precision Strength P. Strength Circuit	Optimize your workout efficiency with this challenging muscular endurance program that utilizes compound exercises for multiple muscle groups. Boost functional strength, balance and coordination.
Rep Reebok	This workout is a revolutionary reinvention of traditional group strength training using periodization, a proven technique for getting real results, while keeping your choreographed workouts fresh without frustrating training plateaus.
PiYo™	PiYo™ is a unique class designed to build strength & gain flexibility that is fun, challenging and will make you sweat! It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.
PumpRx	Using cutting edge choreography and chart topping music, PumpRx is a barbell class that will sculpt, tone, strengthen and transform your body without adding bulk. Focusing on low weight loads and high repetition, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

Mind/Body Classes

Prana Yoga	A dynamic form of hatha yoga. A mixed level yoga practice dedicated to breath and energy movement. This vigorous practice purifies and realigns the body.
Balletone® Sole Synthesis	A fusion -style conditioning program, blending training techniques drawn from dance, Pilates, yoga and fitness. This class is designed specifically for the non-dancer and is performed barefoot.
Balletone® Standing Flow	Dance conditioning methods presented in an easy-to-follow fitness program that will lengthen, strengthen, and energize the entire body. Class is performed barefoot.
Belly Dance	A cardio dance/core strength class based on belly dance moves. No experience necessary! Hip scarves optional.
Gentle Yoga, Integrated Yoga and Yoga	Learn proper breathing techniques and gentle flows to increase flexibility and strength, cultivate balance and reduce stress. This class will leave you centered.
Pilates Mat	Strengthen and stretch muscles uniformly in a series of Pilates floor exercises. Develop stability, strength, flexibility and balance by using precision and concentrated effort. Some may use small equipment.

AQUA Classes

Aqua Lite	A Shallow water workout that is easy to follow & easy on the joints.
Aqua Zumba	The Zumba pool party combining Zumba and an aqua class for an invigorating workout! Low to moderate intensity.
Arthritis & Warm H2O	Conducted in the warm water to reduce arthritis pain providing gentle resistance to build strength and support joints.
H2O Bootcamp	45-60 minutes of high intensity interval training in the pool. This class is intermediate.
In the Deep	A deep water workout that emphasizes cardio fitness, core strength, and flexibility. Aqua belts & noodles provided.
Shallow Splash & Strength	Shallow water classes which emphasizes strength, core stability and cardio. All levels welcome

The classes listed on this schedule are included in membership. During dependent hours, members age 13 and older are permitted to attend group exercise classes. Class size may be limited to protect the safety of members. Participants are required to sign in at the front desk for all cycle classes. Schedule subject to change.