



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30am <b>Cycling</b> Cycle Zone Beth	5:45-6:30am <b>Cycling</b> Cycle Zone Wendi	5:45-6:30am <b>Cycling</b> Cycle Zone Sarah	5:45-6:30am <b>Cycling</b> Cycle Zone Wendi		
	9-9:45am <b>Cardio Drums</b> Studio 2 Lynsey	6:15-7:00am <b>Boot Camp</b> Studio 2 Jen	6:00-7:00am <b>Yoga Mix</b> Mind-Body Studio Susan	6:15-7:00am <b>Boot Camp</b> Studio 2 Jen	6:15-7:00am <b>Step Plus</b> Studio 2 Jen	
8:30-9:30am <b>Cycling</b> Cycle Zone Joy	9:30-10:15am <b>Pilates Mix (hybrid)</b> Mind/Body Lara	9:30-10:15am <b>Cycling</b> Cycle Zone Julie	9-9:45am <b>Cardio Drums</b> Studio 2 Erin	9:00-9:45am <b>Pilates Mix</b> Mind-Body Studio Erin	8-9am <b>Yoga Mix</b> Mind/Body Dori	8:30-9:15am <b>Cycling</b> Cycle Zone Amanda/Noelle
9:45-10:15am <b>Express Core</b> Studio 2 Joy	9:45-10:30am <b>Cycling</b> Cycle Zone DaVaun	9:00-9:45am <b>Beginner Tai Chi</b> Studio 2 Patti	9:15-10:00am <b>*New Time Pilates Mix</b> Mind/Body Jillian	9:45-10:30am <b>Cycling</b> Cycle Zone DaVaun	9-9:55 <b>Intermediate Tai Chi</b> Studio 2 Patti	10:00-10:45am <b>Yoga Mix</b> Mind-Body Studio Noelle
11:00-11:45am <b>TBC</b> Studio 2 Jen/JoAnn	10:00-10:45am <b>Barre</b> Studio 2 Jill	10:00-10:45am <b>Cardio Light</b> Studio 2 Patti	10:15-11:15am <b>*New Time Step, Strength &amp; Stretch</b> Studio 2 Jillian	10:00-10:45am <b>Cardio Light</b> Studio 2 Patti	10:15-11:00am <b>Cardio Dance Light</b> Studio 2 Monica	10:00-11:00am <b>Step Plus</b> Studio 2 Patti
11:00-11:45am <b>Fusion 45</b> Mind/Body Kim	10:45-12:00pm <b>Yoga Mix</b> Mind-Body Studio DaVaun	10:15-11:00am <b>Pilates Mix</b> Mind-Body Studio Lara	11:15-12:00pm <b>Teambeats Cycling</b> Cycle Zone Wendi	10:45-12:00pm <b>Gentle Yoga</b> Mind-Body Studio DaVaun	10:15-11:00am <b>Pilates Mix</b> Mind-Body Studio Lara	11:10-11:55am <b>Basic Step</b> Studio 2 Patti
12-12:45pm <b>Basic Strength &amp; Balance</b> Studio 2 JoAnn/Jen	11:00-11:45am <b>TBC</b> Studio 2 Jill	*11:15-12:00pm <b>Basic Strength &amp; Balance</b> <b>*NEW TIME</b> Studio 2 Lara	12:15-1:15pm <b>Vinyasa Yoga</b> Mind-Body Studio DaVaun	11:15-12:00pm <b>Total Body Conditioning</b> Studio 2 Mike	11:15-12:00pm <b>Basic Strength &amp; Balance</b> Studio 2 Monica	<b>**Please check MyWellness for most up to date information**</b>
	12:15-1:00pm <b>Cycle &amp; Sculpt</b> Cycle Zone Lara	1:00-2:00pm <b>Gentle Yoga</b> Mind-Body Studio Abby		12:15-1pm <b>Cycle &amp; Sculpt</b> Cycle Zone Lara	11:15-12:00pm <b>Teambeats Cycling</b> Cycle Zone Joy	
	1pm-2pm <b>Basic Yoga</b> Mind-Body Studio Abby			12:30-1:15pm <b>Basic Strength and Balance</b> Studio 2 Monica	12:15-1:15pm <b>Yoga Mix</b> Mind-Body Studio Gwen	
	4:15-5:00pm <b>Pilates Mix</b> Mind-Body Studio Monica			1:00-2:00pm <b>Gentle Yoga</b> Mind-Body Studio Abby	12:45-1:30pm <b>Cardio Drums</b> Studio 2 Miriam	
	4:45-5:15pm <b>Express Core</b> Studio 2 Joy		4:30-5:15pm <b>Chair Yoga</b> Mind-Body Studio Gwen			
	5:30-6:15pm <b>Teambeats Cycling</b> Cycle Zone Joy	5:30-6:15pm <b>Yoga Mix</b> Mind-Body Studio Noelle	5:30-6:15pm <b>Teambeats Cycling</b> Cycle Zone Kim	4:15-5:00pm <b>Pilates Mix</b> Mind-Body Studio Monica	5:15pm-6pm <b>Cardio Dance Party</b> Studio 2 Monica	
	5:30-6:15pm <b>Barre</b> Studio 2 Erin	5:45-6:30pm <b>Cycling</b> Cycle Zone Grace	5:30-6:30pm <b>Yoga Mix</b> Mind-Body Gwen	5:30-6:15pm <b>Cardio Dance</b> Studio 2 Monica		
	5:30-6:15pm <b>Yoga Mix</b> Mind/Body Cindy	6:00-6:45pm <b>Zumba</b> Studio 2 Tabatha	6-6:45pm <b>Barre</b> Studio 2 Tabatha	6:30-7:15pm <b>TBC</b> Studio 2 Jen		
	6:30-7:15pm <b>Simply Strength</b> Studio 2 Joy					

## BEGINNER

**BASIC STRENGTH & BALANCE**—Learn basic strength training exercises using small balls, weights and thera-bands. Some of the class is done seated in a chair or on a ball. Balance exercises are included to improve coordination and confidence.

**BASIC/GENTLE YOGA** – This gentle class will incorporate foundational poses with attention to alignment and breathing. It will include a slow sequence of prone, seated, and standing poses to increase flexibility, build strength, and foster relaxation. Modifications will be given and props will be used to support the body in each pose in an optimal way.

**CHAIR YOGA** – A gentle practice in which yoga is performed while seated and/or with the aid of a chair. It is also a great form of yoga for beginners or anyone who wants to focus on a gentle practice.

**TAI CHI (Beginner)**- Learn the basic principles and fundamental movements of Tai Chi while improving balance, strength, flexibility, and mindfulness.

**YO CHI** – This class combines poses and movements from the disciplines of Yoga & Tai Chi, by increasing mobility and balance. Challenge the body while restoring the mind. Seated or standing welcome.

## BEGINNER TO INTERMEDIATE

**BASIC STEP** – Straight forward, easy to follow Step combinations providing a great low impact aerobic workout!

**BARRE** –this low-impact ballet inspired workout will lengthen, strengthen and stretch all those hard-to-reach muscles. (no ballet experience needed). **Must be able to get up and down off the floor with ease.**

**CARDIO DANCE LIGHT/DANCE PARTY** –This energizing cardio class is set to fun music. It uses easy-to-follow dance moves and combines fast and slow rhythms to tone and strengthen your body.

**CARDIO LIGHT** –A fun, easy-to-follow low impact cardio class.

**SIMPLY STRENGTH**- Strength training with medium to heavy weights. This class will help improve balance, strength, core and more. All major muscles used to push your strength gains to new levels

**TAI CHI (Intermediate)**- Apply the principles and fundamental movements of Tai Chi to the series of movements called the Tai Chi 'Form'. Prior participation in Beginner Tai Chi recommended.

**YOGALATES**- Yogalates combines Pilates and yoga for a total body and mind workout. Develop core strength and stabilization through Pilates moves, while improving flexibility, strength, posture, and alignment with yoga poses.

## INTERMEDIATE TO ADVANCED

**CARDIO DANCE** – This class incorporates footwork and body movements from a wide variety of dances including hip-hop, Latin, ballet, bachata and jazz. Participants will groove to the beat as they move and have fun. Class will start off with a slower beat and then rev it up for a great workout.

**Pound-** grab your drum sticks and join a heart pumping choreographed cardio routine! (must be able to get up and down from the floor with ease.)

**EXPRESS CORE** – This 30-minute class will challenge your abdominals, back and hips to strengthen your core. Stretching included.

**TOTAL BODY CONDITIONING (TBC)** – Challenge yourself in this high-energy, total body muscular strength and endurance class. A complete workout using risers, dumbbells and more!

**STEP PLUS** – Challenging step combinations provide a fun, high-energy workout. Some strength and core work may be included as intervals or at the end of class.

**TBC** – Blast your fitness level in this challenging class designed to push you while having fun. Be prepared to sweat, breathe hard & get super fit

**VINYASA YOGA**— This class is moderate to faster paced, with instruction in alignment of the body and linking with the flow of breath. Learn range of standing, sitting, balancing and back-bending poses to connect the breath with movement through deep, full yogic breathing. **Must be able to get up & down from the floor with ease and flow through poses.**

## ALL LEVELS

**BARBELL BLAST**- This total body workout will use light barbells with an opportunity to add 2.5-5lb plates to increase strength, muscular endurance and 15 minutes of a core workout on a mat or in a chair.

**CYCLING** – Indoor cycling is a high intensity, low impact aerobic workout that is an individually paced group training class. If class is marked Teambats -hearttrate monitors ARE used during class. OPTIONAL

**CYCLE & SCULPT** – This class combines the cardiovascular benefits of cycling with toning exercises using a band & bodyweight.

**FUSION 45**- Fusion 45: “This energizing class combines elements of Core and Strength to improve muscle tone and flexibility. **Must be able to get up and down off the floor with ease.**

**PILATES MIX** –Improve posture and increase muscular strength and endurance by doing Pilates exercises on the mat and using other props. **Must be able to get up & down from the floor with ease.**

**STEP & STRENGTH & STRETCH**– A combination class of intervals using the step for cardio and weights for strength training as well as stretching to improve flexibility.

**YOGA MIX** – This class is moderately paced, with instruction in alignment of the body and flow of breath. Learn range of standing, sitting, and balancing poses to connect the breath with movement through deep, full yogic breathing. **Must be able to get up & down from the floor with ease.**

**UPBEAT**- A full body, energetic drumming class that creates a mind-muscle connection that delivers fun and fitness. This class can be done seated or standing.

**ZUMBA**- a fitness class inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

