



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM <b>Row</b> ** 30 min Fitness Area	6:15 AM <b>Ride &gt;</b> ** 45 min Studio A	6:15 AM <b>Sculpt 45</b> ** 45 min Studio A	6:15 AM <b>HIIT &gt;</b> *** 30 min Studio A	6:15 AM <b>Ride</b> ** 45 min Studio A		
7:15 AM <b>Full Body Stretch</b> 15 min Fitness Area	8:00 AM <b>Cardio Fit &gt;</b> ** 30 min Studio A	7:15 AM <b>Simply Strength</b> * 30 min Fitness Area		7:15 AM <b>Full Body Stretch</b> 15 min Fitness Area		
8:00 AM <b>TBC</b> ** 45 min Fitness Area	9:15 AM <b>S &amp; S</b> * 30 min Open Air	8:00 AM <b>20/20</b> ** 45 min Fitness Area	8:00 AM <b>S &amp; S &gt;</b> * 30 min Studio A	8:00 AM <b>Simply Strength</b> * 30 min Fitness Area		
9:15 AM <b>X-Training</b> *** 45 min Fitness Area	9:30 AM <b>Step</b> ** 45 min Studio A	9:15 AM <b>Sculpt 45</b> ** 45 min Fitness Area	9:15 AM <b>Core Balance</b> * 30 min Fitness Area	9:15 AM <b>20/20</b> ** 45 min Fitness Area	9:30 AM <b>S &amp; S</b> * 30 min Fitness Area	9:15 AM <b>Chisel &amp; Burn</b> *** 45 min Fitness Area
10:30 AM <b>S &amp; S</b> * 30 min Fitness Area	10:30 AM <b>Sculpt 45</b> ** 45 min Studio A	10:30 AM <b>Cardio Fit</b> ** 45 min Fitness Area	9:15 AM <b>Hi-Lo</b> ** 45 min Open Air	10:30 AM <b>Core Balance</b> * 30 min Open Air	9:15 AM <b>Ride/Yoga</b> ** 45 min Studio A	10:00 AM <b>Zumba</b> ** 45 min Open Air
12:00 PM <b>Core Balance</b> * 30 min Fitness Area	10:30 AM <b>Zumba</b> ** 45 min Fitness Area	12:00 PM <b>Ride</b> ** 45 min Studio A	10:30 AM <b>C/S/Y</b> ** 45 min Fitness Area	10:30 AM <b>Ride</b> ** 45 min Studio A	10:15 AM <b>Core/Sculpt</b> ** 45 min Studio A	11:15 AM <b>Bars &amp; Bells</b> *** 45 min Studio A
12:00 PM <b>Ride/Weights</b> ** 45 min Studio A		12:00 PM <b>S &amp; S</b> * 30 min Fitness Area	12:00 PM <b>S &amp; S</b> * 30 min Fitness Area	12:00 PM <b>Zumba</b> ** 45 min Fitness Area	10:45 AM <b>HIIT</b> *** 45 min Fitness Area	12:30 PM <b>Ride</b> ** 45 min Studio A
1:00 PM <b>Full Body Stretch</b> 15 min Fitness Area	12:00 PM <b>Row/Core</b> ** 45 min Fitness Area	1:00 PM <b>Full Body Stretch</b> 15 min Fitness Area	1:00 PM <b>Full Body Stretch</b> 15 min Open Air	12:15 PM <b>Gentle Fit</b> * 30 min Studio A	12:00 PM <b>TBC</b> ** 45 min Fitness Area	1:00 PM <b>Simply Strength</b> * 30 min Fitness Area
1:30 PM <b>Gentle Fit</b> * 30 min Fitness Area	1:00 PM <b>Full Body Stretch</b> 15 min Open Air	1:30 PM <b>Gentle Fit</b> * 30 min Fitness Area	1:30 PM <b>Row</b> ** 30 min Fitness Area	1:00 PM <b>Full Body Stretch</b> 15 min Fitness Area	1:00 PM <b>Row</b> ** 30 min Fitness Area	
5:30 PM <b>Core Boot Camp</b> ** 45 min Open Air	1:30 PM <b>TBC</b> ** 45 min Fitness Area	4:45 PM <b>High Fitness</b> *** 45 min Studio A	5:30 PM <b>Core/Sculpt</b> ** 45 min Studio A	1:30 PM <b>S &amp; S</b> * 30 min Fitness Area	<b>Legend</b> * Level 1 ** Level 2 *** Level 3 > Virtual Class (Studio A) <span style="background-color: #cccccc; border: 1px solid #000; display: inline-block; width: 20px; height: 10px;"></span> Outside- Open Air <span style="border: 2px solid #000; display: inline-block; width: 20px; height: 10px;"></span> NEW!	
6:20 PM <b>Ride</b> ** 45 min Studio A	5:45 PM <b>Bars &amp; Bells</b> *** 45 min Studio A	5:30 PM <b>Row/Weights</b> ** 45 min Fitness Area		5:30 PM <b>Zumba</b> ** 45 min Open Air		
	6:45 PM <b>HIIT</b> *** 45 min Open Air	6:30 PM <b>Ride</b> ** 45 min Studio A	7:15 PM <b>Bars &amp; Bells</b> *** 45 min Studio A			

**Row:** Cardio training on the rower with the sound and feel of being on the water

**Ride:** Indoor cycling - or spinning on a stationary exercise bike for a cardiovascular workout

**TBC:** Total body conditioning workout that promotes muscle endurance, core stability, strength, balance, and flexibility

**HIIT:** High intensity intervals of cardio, strength, power, and agility

**Full Body Stretch:** Increase your range of motion and flexibility with a full body stretch to feel great

**Cardio Fit:** A focus on your cardiovascular system while moving to great music

**Stretch & Strength (S&S):** A complete body workout focused on strengthening and lengthening the major muscles of the body

**20/20:** A great combination of cardio fitness and strength training for a well-rounded workout

**Simply Strength:** A beginner strength workout using dumbbells

**X-Training:** A combination of strength training and cardio in varying intervals

**Step:** A fun throwback to this classic cardio workout on the step

**Sculpt 45:** A 45-minute head-to-toe strength workout using dumbbells

**Core Balance:** A class that will challenge and enhance your core strength and balance

**Chisel & Burn:** Designed to build strength, endurance and burn calories. Includes cardio, bodyweight exercises, strength exercises and finishes with core and stretching for a complete total body workout.

**C/S/Y:** Cardio drills, strength training, and yoga make this the perfect workout

**Zumba:** Dance-inspired movements and awesome music to enhance your cardiovascular system

**Ride/Yoga:** This hybrid class is a perfect blend of cardio on the bike and stretching on the mat

**Hi-Lo:** A super fun move to the music traditional style aerobics class with options to stay low impact or add power for higher intensity

**Bars & Bells:** A 45 minute strength training workout using barbells and dumbbells

**Ride/Weights:** A mix of cycling and strength training for a total body workout

**Gentle Fit** This adapted class is perfect for all who prefer to do stretching and strengthening exercises from a chair

**Core Boot Camp:** A fun and challenging strength and core workout you don't want to miss

**Core/Sculpt:** Yoga based warm-up followed by intervals of core and strength exercises

**High Fitness:** High Fitness is a zero equipment, full body workout that has been shown to improve overall endurance, stamina, strength, and cardiovascular health.