



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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|--|--|--|---|--|--|--|
| 6:15 AM Row ** 30 min Fitness Area | | 6:15 AM Sculpt 45 ** 45 min Studio A | | 6:15 AM Ride ** 45 min Studio A | | |
| 7:15 AM Full Body Stretch 15 min Fitness Area | 7:15 AM Simply Strength * 30 min Fitness Area | 7:15 AM Simply Strength * 30 min Fitness Area | 8:00 AM S & S > * 30 min Studio A | 7:15 AM Full Body Stretch 15 min Fitness Area | | |
| 8:00 AM TBC ** 45 min Fitness Area | 8:00 AM Cardio Fit > ** 30 min Studio A | 8:00 AM 20/20 ** 45 min Fitness Area | 9:15 AM Core Balance * 30 min Fitness Area | 8:00 AM Simply Strength * 30 min Fitness Area | | |
| 9:15 AM X-Training *** 45 min Fitness Area | 9:15 AM S & S * 30 min Fitness Area | 9:15 AM Sculpt 45 ** 45 min Fitness Area | 9:15 AM Hi-Lo ** 45 min Studio A | 9:15 AM 20/20 ** 45 min Fitness Area | 9:15 AM Ride/Yoga ** 45 min Studio A | 9:15 AM Chisel & Burn *** 45 min Fitness Area |
| 10:30 AM S & S * 30 min Fitness Area | 9:30 AM Step ** 45 min Studio A | 10:30 AM Cardio Fit ** 45 min Fitness Area | 10:30 AM Sculpt/Yoga ** 45 min Studio A | 10:30 AM Core Balance * 30 min Fitness Area | 9:30 AM S & S * 30 min Fitness Area | 10:00 AM Zumba ** 45 min Studio A |
| 12:00 PM Core Balance * 30 min Fitness Area | 10:30 AM Sculpt 45 ** 45 min Studio A | 12:00 PM Ride ** 45 min Studio A | 10:30 AM C/S/Y ** 45 min Fitness Area | 10:30 AM Ride ** 45 min Studio A | 10:15 AM Core/Sculpt ** 45 min Studio A | 11:15 AM Bars & Bells *** 45 min Studio A |
| 12:00 PM Ride/Weights ** 45 min Studio A | 10:30 AM Zumba ** 45 min Fitness Area | 12:00 PM S & S * 30 min Fitness Area | 12:00 PM S & S * 30 min Fitness Area | 12:00 PM Zumba ** 45 min Fitness Area | 10:45 AM HIIT *** 45 min Fitness Area | 12:30 PM Ride ** 45 min Studio A |
| 1:00 PM Full Body Stretch 15 min Fitness Area | 12:00 PM Row/Core ** 45 min Fitness Area | 1:00 PM Full Body Stretch 15 min Fitness Area | 1:00 PM Full Body Stretch 15 min Fitness Area | 12:15 PM Gentle Fit * 30 min Studio A | 12:00 PM TBC ** 45 min Fitness Area | 1:00 PM Simply Strength * 30 min Fitness Area |
| 1:30 PM Gentle Fit * 30 min Fitness Area | 1:00 PM Full Body Stretch 15 min Fitness Area | 1:30 PM Gentle Fit * 30 min Fitness Area | 1:30 PM Row ** 30 min Fitness Area | 1:00 PM Full Body Stretch 15 min Fitness Area | 1:00 PM Row ** 30 min Fitness Area | |
| 5:30 PM Core Boot Camp ** 45 min Fitness Area | 1:30 PM TBC ** 45 min Fitness Area | | 5:45 PM TBC ** 45 min Fitness Area | 1:30 PM S & S * 30 min Fitness Area | <div style="border: 2px solid red; padding: 10px;"> <p>Legend</p> <p>* Level 1</p> <p>** Level 2</p> <p>*** Level 3</p> <p>> Virtual Class (Studio A)</p> </div> | |
| 6:20 PM Ride ** 45 min Studio A | 5:45 PM Bars & Bells *** 45 min Studio A | 5:30 PM Row/Weights ** 45 min Fitness Area | | 5:30 PM Zumba ** 45 min Studio A | | |
| | 7:00 PM HIIT *** 45 min Studio A | 6:30 PM Ride ** 45 min Studio A | 7:15 PM Bars & Bells *** 45 min Studio A | | | |
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Bars & Bells: A 45 minute strength training workout using barbells and dumbbells

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

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.

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

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

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

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

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

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

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

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

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

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

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

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

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

Simply Strength: A beginner strength workout using dumbbells

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

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

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

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

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

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