

GROUP EXERCISE SCHEDULE

EFFECTIVE: May 5, 2024

■ New this month

Monday

Time (a.m.)	Class	Instructor
5:15 - 6:00	RazorFit*	Steven
5:30 - 6:15	AMPED - Gym	Susan
6:15 - 7:00	Yoga (Vinyasa Flow)	JT
7:00 - 7:45	Pilates Reformer 1 - RS*	Lauren
6:15 - 6:45	Burn30 - Gym	Dani
8:00 - 8:45	Pilates Reformer 1 - RS*	Lauren
8:00 - 8:45	Sculpt	Lisa
8:30 - 9:15	RazorFit*	Tim B
8:30 - 9:30	HIIT It - Gym	Carla
9:00 - 9:45	AMPED	Whitney
9:00 - 9:45	Pilates Reformer Cardio - RS*	Danielle
9:00 - 9:50	Group Cycling - CS	Cary
9:00 - 10:00	AquaFit	Linda
9:45 - 10:45	Hip Hop Cardio - Gym	Beverly
10:00 - 10:30	Burn30* - Box	Suzanne
10:00 - 10:45	Pilates	Danielle
10:00 - 10:45	Pilates Reformer Cardio - RS*	Lauren
11:00 - 11:30	Legends - Box	JD
11:00 - 11:45	Pilates Reformer 1 - RS*	Danielle
11:00 - 11:45	Yoga Stretch	Beverly
11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA
Time (p.m.)		
12:00 - 12:45	Group Cycling - CS	Martha
12:00 - 12:45	Pilates Reformer 1 - RS*	Danielle
12:00 - 1:00	Tai Chi	Jerry
12:00 - 1:00	Yoga (Vinyasa Flow) - BSt	Kelly
1:10 - 2:00	Senior Weights	Jeff
4:30 - 5:15	Rhythm Ryde - CS	Jennifer
4:30 - 5:15	Hip Hop Cardio	Marion
5:00 - 5:45	RazorFit*	Sarper
5:30 - 6:15	Yoga (Vinyasa Flow) - BSt	Sherri
5:30 - 6:15	Group Cycling - CS	Krissa
5:30 - 6:15	Sculpt	Madison
6:00 - 6:45	RazorFit*	Sarper
6:30 - 7:30	Hip Hop Cardio	Joshua

Tuesday

Time (a.m.)	Class	Instructor
5:15 - 6:00	RazorFit*	Michael
5:30 - 6:15	Sculpt - Gym	Dani
5:45 - 6:30	Group Cycling - CS	Ian
6:30 - 7:15	Pilates Reformer 1 - RS*	Sarah
7:30 - 8:15	Pilates Reformer 1 - RS*	Sarah
8:00 - 8:35	Stretch	Victoria
8:30 - 9:15	Pilates Reformer 1 - RS*	Colleen
8:30 - 9:15	RazorFit*	Jessica M.
8:30 - 9:30	CardioMix - Gym	Lisa/Charla
8:30 - 9:30	Yoga (Vinyasa/Inside Flow) - BSt	Heather
8:45 - 9:30	Pilates	Victoria
9:00 - 10:00	AquaFit	Mariah
9:30 - 10:15	Pilates Reformer - RS*	Teresa
9:35 - 10:20	Hip Hop LIFT	Colleen
9:45 - 10:15	Foundation Training - BSt	Lisa
10:00 - 10:30	Burn30* - Box	Lauren
10:30 - 11:15	Barre Blast - BSt	Lauren
10:30 - 11:30	Yoga (Vinyasa Flow) - BSt	Tanesha
10:45 - 11:30	Pilates Reformer 2 - RS*	Danielle
11:45 - 12:30	Pilates Reformer 1 - RS*	Danielle
11:45 - 12:30	Restore - Balance & Core	Linda
11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA
Time (p.m.)		
1:00 - 2:00	Yoga (Yin)	Sabra
4:30 - 5:15	AMPED	Hannah
4:30 - 5:15	Pilates Reformer 1 - RS*	Jenna
4:45 - 5:30	Rhythm Ryde* - CS	Lindsay
5:00 - 5:45	RazorFit*	Jessica M./TBA
5:30 - 6:15	Barre - BSt	Sarah
5:30 - 6:15	Pilates Reformer Cardio - RS*	Emma
6:00 - 7:00	Charlie Mike HIIT - Gym	Carlos/Madison
6:30 - 7:15	Pilates Reformer 1 - RS*	Emma
6:30 - 7:30	Yoga (Yin) - BSt	Monique

Wednesday

Time (a.m.)	Class	Instructor
5:15 - 6:00	RazorFit*	Michael
5:30 - 6:00	Burn30 - Gym	Dani
6:15 - 6:45	Burn30 - Gym	Dani
6:15 - 7:00	Yoga (Vinyasa Flow)	JT
7:00 - 7:45	Pilates Reformer 1 - RS*	Lauren
8:00 - 8:45	Pilates Reformer 1 - RS*	Lauren
8:00 - 8:45	Sculpt	Hannah
8:30 - 9:15	Razorfit*	Tim B.
9:00 - 9:45	Pilates Reformer 1 - RS*	Danielle
9:00 - 9:45	AMPED	Whitney
9:00 - 10:00	AquaFit	Hannah
9:45 - 10:45	Hip Hop Cardio - Gym	Beverly
10:00 - 10:30	Burn30* - Box	Suzanne
10:00 - 10:45	Pilates	Danielle
10:00 - 10:45	Pilates Reformer Cardio - RS*	Lauren
10:00 - 11:00	Yoga (Vinyasa Flow) - BSt	Tanesha
11:00 - 11:30	Legends - Box	JD
11:00 - 11:45	Pilates Reformer 1 - RS*	Danielle
11:00 - 11:45	Yoga Stretch	Beverly
11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA
Time (p.m.)		
12:00 - 12:45	Group Cycling - CS	Carla
12:00 - 12:45	Pilates Reformer Cardio - RS*	Danielle
12:00 - 1:00	Tai Chi	Ileina
1:10 - 2:00	Senior Weights	Jeff
4:30 - 5:15	Pilates Reformer 1 - RS*	Jenna
4:30 - 5:15	Rhythm Ryde - CS	Jennifer
4:30 - 5:15	Hip Hop Cardio	Marion
5:00 - 5:45	RazorFit*	Tim B.
5:30 - 6:15	Pilates Reformer 1 - RS*	Jenna
5:30 - 6:15	Yoga (Vinyasa/Inside Flow)	Heather
5:30 - 6:15	Group Cycling - CS	Krissa
5:30 - 6:15	Barre - BSt	Sarah
6:00 - 6:45	RazorFit*	Tim B.
6:30 - 7:30	Hip Hop Cardio	TBA

GROUP EXERCISE SCHEDULE

EFFECTIVE: May 5, 2024

■ New this month

Thursday			Friday			Saturday		
Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor
5:15 - 6:00	RazorFit*	Jovanni	5:15 - 6:00	RazorFit*	Nick	8:00 - 8:45	RazorFit*	Steven/Jovanni
5:30 - 6:15	Sculpt - Gym	Mollie	5:30 - 6:00	Burn30 - Gym	Dani	8:30 - 9:15	Pilates Reformer 1 - RS*	Emma
5:45 - 6:30	Group Cycling - CS	Jess	6:15 - 7:15	Yoga Power	Chimeg	9:00 - 10:00	AquaFit	Anna
6:30 - 7:15	Pilates Reformer 1 - RS*	Sarah	6:15 - 6:45	Burn30 - Gym	Dani	9:00 - 10:00	Charlie Mike HIIT - Gym	Carlos
7:30 - 8:15	Pilates Reformer 2 - RS*	Teresa	8:00 - 8:45	Sculpt	Aimee	9:30 - 10:15	Pilates Reformer Cardio - RS*	Emma
8:00 - 8:30	Stretch	Victoria	8:30 - 9:15	RazorFit*	Jessica M.	10:15 - 11:15	Yoga Power	Chimeg
8:30 - 9:15	Pilates Reformer 1 - RS*	Teresa	8:30 - 9:30	HIIT It - Gym	Carla	10:30 - 11:15	Pilates Reformer 1 - RS*	Emma
8:30 - 9:15	RazorFit*	Parker	9:00 - 9:45	AMPED	Aimee	Time (p.m.)		
8:30 - 9:30	CardioMix - Gym	Lisa	9:00 - 9:45	Pilates Reformer Cardio - RS*	Danielle	4:00 - 5:15	Yoga Hot	Heather
8:30 - 9:30	Yoga (Vinyasa/Inside Flow) - BSt	Heather	9:00 - 10:00	AquaFit	Mariah	Sunday		
8:45 - 9:30	Pilates	Victoria	9:45 - 10:45	Hip Hop Cardio - Gym	Beverly			
9:00 - 9:45	Group Cycling - CS	Cary	10:00 - 10:30	Burn30* - Box	Lauren	Time (a.m.)	Class	Instructor
9:00 - 10:00	AquaFit	Anna	10:00 - 10:45	Pilates	Matthew	8:30 - 9:15	Rhythm Ryde - CS	Lindsay
9:30 - 10:15	Pilates Reformer 2 - RS*	Danielle	10:00 - 10:45	Pilates Reformer 1 - RS*	Danielle	Time (p.m.)		
9:35 - 10:20	Hip Hop LIFT	Kathryn	11:00 - 11:45	Pilates Reformer 2 - RS*	Danielle	1:00 - 2:00	Hip Hop Cardio	Sandy
9:45 - 10:15	Foundation Training - BSt	Victoria	11:00 - 12:00	Yoga Stretch	Beverly	2:15 - 3:15	Yoga Stretch	Beverly
10:00 - 10:30	Burn30* - Box	Suzanne	11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA	3:30 - 4:15	AMPED	Madison
10:30 - 11:15	Barre Blast - BSt	Lauren	Time (p.m.)			4:00 - 5:00	Yoga (Vinyasa Flow) - BSt	Jessica
10:30 - 11:30	Yoga (Vinyasa Flow)	JT	12:00 - 12:45	Pilates Reformer 1 - RS*	Danielle			
10:45 - 11:30	Pilates Reformer Cardio - RS*	Danielle	12:00 - 12:50	Group Cycling - CS	Krissa			
11:45 - 12:30	Pilates Reformer 1 - RS*	Danielle	4:30 - 5:00	Kids Strength and Conditioning* - Box	Nick			
11:45 - 12:30	Restore - Balance & Core	Linda	4:30 - 5:15	Step	Trish			
11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA	5:30 - 6:30	Hip Hop Cardio	Joshua			
Time (p.m.)								
1:00 - 2:00	Yoga (Yin)	Sabra						
4:30 - 5:15	AMPED	Tracie						
4:45 - 5:30	Rhythm Ryde - CS	Lindsay						
5:00 - 5:45	RazorFit*	Jovanni						
6:00 - 7:00	Charlie Mike HIIT - Box	Jovanni						
6:00 - 7:00	Yoga (Vinyasa Flow)	Jessica H.						

BSt - Barre Studio, Box - The Box, RS - Reformer Studio, CS - Cycling Studio, TC4-6 - Tennis Courts 4 - 6
 All Razorfit classes are held in The Box.
 Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of six participants to remain on schedule.



*Registration on the App required.

GROUP EXERCISE CLASSES

AMPED

A 45 minute full body workout where cardio conditioning is incorporated with weight training. AMPED will improve muscle tone and definition while burning calories in a diverse way. This challenging class is welcome to all fitness levels as most movements can be modified to your own pace and needs. Set to a great musical playlist that is sure to get you AMPED!

AquaFit

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

Barre

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls, and light dumbbells to perform small isometric movements that create long, lean muscles.

Barre Blast

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls and light dumbbells to perform small isometric movements that create long, lean muscles. In Barre Blast, we intersperse traditional Barre moves with bursts of high intensity aerobic activity.

Burn30

This high intensity, circuit-based class is designed to optimize your workout time. The full body workouts stack simple yet effective movements at a rapid-fire pace to burn fat and build muscle. While each class places emphasis on either upper body, lower body or core, they all will test your cardio and strength.

CardioMix

A blend of aerobic activity and interval training designed to get you in great shape and burn calories.

Charlie Mike HIIT

In the military, "Charlie Mike" means "continue mission," i.e. keep pressing forward. In this class participants try to hold an anaerobic state for a long cumulative time using short bursts of high intensity exercise, elements of RazorFit and strength training. Come join us as we try, believe and conquer!

Foundation Training

Foundation Training's easy to learn exercises, strengthen the back, improve posture and mobility. Improved movement patterns are a direct benefit of practicing foundation training.

Group Cycling

A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level.

HIIT It

If you're all about variety, then this strength and conditioning class is for you. You'll use treadmills, rowers, TRX straps, air bikes, battle ropes and an assortment of free weights under the guidance of an experienced coach who will be happy to offer modifications as needed.

Hip Hop Cardio

It's hip, it's hot, it's the latest dance grooves set to the hottest music, Latin or otherwise. This high-energy dance workout will burn the calories while you shake up your workout (and your "groove thing").

Kids Strength and Conditioning

Functional training for ages 9 - 15. Improve movement, general strength, coordination, balance and cardiovascular health.

Legends

Legends is Razorfit tailored for people 50+ years old.

Hip Hop LIFT

Learn to love to lift in this 45 minute, weight lifting class. You will focus on form, doing reps at your own pace, and building strength every week. Throw in great music and a little ab work and you will be feeling stronger than ever before!

Orange Ball Mayhem

Ready for a heart pumping, high intensity class that burns huge calories while playing games? Then welcome to Orange Ball Mayhem!

What to expect? We'll turn on some tunes and whack a bunch of balls all the while having a great time and improving our cardio endurance.

Minimal tennis experience? No big deal! The ball we will use is way softer, slower and much easier to hit than a traditional tennis ball. Players of all levels can play together and everyone has fun.

Pilates

Pilates (puh LAH teeZ) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves.

GROUP EXERCISE CLASSES

Pilates Reformer

Reformer 1

Perfect for purists, this class makes use of the Reformer and honors Joe Pilates' method. The reformer offers not just a fun full-body workout but also an education in the discipline of good posture and a solid core. Immerse yourself in the method and leave the class feeling balanced, lighter and lengthened. This class delivers focused, fast results for optimal strength and tone to help you achieve total fitness.

Reformer 2

As a progression of Pilates Reformer 1, this class will help elevate your practice and challenge both your body and mind. Fit for those who have a solid understanding of Pilates foundations, Reformer knowledge and pre-existing body awareness, this class introduces more advanced exercises and incorporates quick transitions to keep your body moving. It will challenge your balance and stability while sculpting your overall physique. *Not intended for those who have limiting physical conditions or have not taken Pilates Reformer 1.

Cardio

This high-energy, full-body, HIIT-style class is designed to deliver fast-flow fusion Pilates. Featuring innovative jump-board choreography and up-tempo moves, this class is designed to build strength, length and endurance. This class is challenging but hugely rewarding, pushing you to achieve the results you want.

Reminders:

- "Grippy" socks are required and are available for purchase in the Pro Shop
- While the classes are FREE, cancellations made within 6 hours of the start of class will be charged a \$10 fee as will no shows.
- You should arrive at least 5 minutes before the start of class in order to be confirmed as being in attendance by the instructor. (This ensures the system will not charge you a no show fee.)

Razorfit

A Razorfit WOD ("workout of the day") consists of functional fitness exercises, done quickly, for a set period of time, in a set format and for a score. All workouts are scalable and all fitness levels are welcome.

Restore-Balance & Core

"Fall Prevention" is the primary objective in this class for people with balance and/or mobility challenges. We will target core exercises with a focus on strengthening the muscles/ligaments/tendons around the joints. Class includes chair yoga, basic Pilates, Tai Chi, breathing techniques plus stretching and strengthening of joints. A light cardio warm-up, chair assisted exercises, resistance bands, mat work and light hand weights will be incorporated. All exercises can be modified.

Rhythm RYDE

In this class we whoop it up and work it out on the bike. You (and your abs) will be fully engaged on this mixed interval ride. With life size dance videos playing for motivation, you'll shred calories while the time flies by.

Sculpt

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

Senior Weights

This class is designed for people with arthritis, fibromyalgia, back pain, and those who have undergone joint replacements. Join us for light conversation and work to increase range of motion, strength, balance, coordination, and flexibility.

Step

A cardiovascular workout using the step. Sequences are introduced and developed as the class progresses.

Stretch

Increase your flexibility and relax in this class.

Tai Chi

Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person's physical condition.

Yoga - Hot

Hot Yoga is done in 90+ degree heated and humidified room. A vigorous yoga session at this temperature promotes profuse sweating and makes the body very warm and therefore more flexible.

Yoga - Power

Intermediate to Advanced practice, but All Levels are welcome. Power Yoga moves more quickly between poses with a focus on building strength, and incorporates a more advanced flow with powerful holds, twists, balance and movement. Having some practiced yoga experience is recommended.

Yoga Stretch

This class is a traditional Hatha yoga class with an emphasis on stretching. The practice is held in a calming environment to improve your flexibility, strength and balance.

Yoga - Vinyasa/Inside Flow

Inside Flow Yoga, which is based on Vinyasa Flow, is a choreography of Asanas practiced to the rhythm of a song. We move with the breath to the beat of the music, expanding and opening on every inhale and contracting with transitions every exhale. This Yoga practice constantly moves gracefully and is all levels friendly.

GROUP EXERCISE CLASSES

Yoga - Vinyasa Flow

Appropriate for students of all levels, this class is a mix of the Hatha and Vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.

Yoga - Yin

This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and spine improving stability in the low back and knees. Postures take place on the floor and are held for longer periods of time. Yin yoga restores energy, calms the nervous system and helps in injury prevention and joint health.