



# Group Exercise Schedule

Effective May 18, 2017

Day	Time	Class	Location	Trainer
Monday	11:45 am – 12:45 pm	CardioSculpt	Group Exercise Studio	Amy
	5:30 – 6:30 pm	CardioSculpt	Group Exercise Studio	Angela
Tuesday	12:00 - 1:00 pm	Yoga	The Loft	Melinda
	5:30 – 6:30 pm	Yoga	The Loft	Monique
Wednesday	11:45 am – 12:45 pm	CardioSculpt	Group Exercise Studio	Amy
	5:30 - 6:15 pm	CardioSculpt	Group Exercise Studio	Angela
Thursday	12:00 - 12:45 pm	Group Cycling	The Loft	Joe
	5:30 - 6:30 pm	Yoga	The Loft	Sarah
Friday	11:45 am – 12:45 pm	CardioSculpt	Group Exercise Studio	Amy

## Class Descriptions

**CardioSculpt** - This class combines resistance training with intervals of cardio conditioning.

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

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

**Total Body Conditioning (TBC)** - TBC is a high

intensity circuit - formatted cardiovascular conditioning class.

**Yoga** - In this class, you will perform sequences of yoga postures and stretches that are linked to the breath. The class promotes relaxation, rejuvenation, flexibility and strength.