



Group Exercise Schedule

Effective January 1, 2019

Monday

| Time | Class | Location | Trainer |
|---------------------|--------------|-----------------------|---------|
| 11:45 am – 12:45 pm | CardioSculpt | Group Exercise Studio | Amy |
| 5:30 – 6:30 pm | CardioSculpt | The Loft | Angela |

Tuesday

| Time | Class | Location | Trainer |
|-----------------|-------|----------|---------|
| 12:00 - 1:00 pm | Yoga | The Loft | Melinda |
| 5:30 – 6:30 pm | Yoga | The Loft | Monique |

Wednesday

| Time | Class | Location | Trainer |
|---------------------|--------------|-----------------------|---------|
| 11:45 am – 12:45 pm | CardioSculpt | Group Exercise Studio | Amy |
| 5:30 - 6:15 pm | CardioSculpt | The Loft | Angela |

Thursday

| Time | Class | Location | Trainer |
|------------------|---------------|----------|---------|
| 12:00 - 12:45 pm | Group Cycling | The Loft | Amy |
| 5:30 - 6:30 pm | Yoga | The Loft | Monique |

Friday

| Time | Class | Location | Trainer |
|---------------------|--------------|-----------------------|---------|
| 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.

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.