



# GROUP EXERCISE SCHEDULE

Effective November 1, 2019

	TIME	CLASS	LOCATION	TRAINER
<b>Monday</b>	11:45 am - 12:45 pm	CardioSculpt	Group Exercise Studio	Amy
	5:30 - 6:30 pm	CardoSculpt	The Loft	Angela
<b>Tuesday</b>	12:00 - 1:00 pm	Yoga	The Loft	Melinda
	5:30 - 6:30 pm	Yoga	The Loft	Monique
<b>Wednesday</b>	11:45 am - 12:45 am	CardioSculpt	Group Exercise Studio	Amy
	5:30 - 6:15 pm	CardoSculpt	The Loft	Angela
<b>Thursday</b>	12:00 - 12:45 pm	Group Cycling	The Loft	Amy
<b>Friday</b>	11:45 am - 12:45 pm	Cardio Sculpt	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.