

Group Exercise June 2018

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
MORNING	6:00-7:00	Ski Conditioning	GX	5:45-6:45	Arms, Core & More	GX	6:00-7:00	Functional Bootcamp	GX	5:45-6:45	Cycling	CS	5:45-6:45	Hot Yoga Sculpt	HYS	7:45-8:45	Hot Yoga Sculpt	HYS	8:30-9:00	Aqua HIIT	OP
	6:00-7:00	Cycling	CS	6:00-7:00	Yoga Sculpt	MB	6:00-7:00	Cycling	CS	6:00-7:00	Barre Sculpt	MB	6:00-7:00	Vinyasa Yoga I-III	MB	8:30-9:30	Cycling	CS	8:30-9:30	Power Sculpt	GX
	6:00-7:00	Hot Vinyasa	HYS	6:10-7:10	CycleOM	CS/HYS	6:00-7:00	Hot Vinyasa	HYS	6:00-7:00	Tabata Combo	GX	6:00-7:00	Cycling	CS	8:30-9:45	Vinyasa Yoga II-III	MB	8:35-9:35	Cycling	CS
	6:00-7:00	Ashtanga Principles	MB	7:15-8:15	Hot Vinyasa	HYS	6:00-7:00	Vinyasa Yoga I-III	MB	6:00-7:00	Hot Hatha	HYS	7:00-8:00	Hot Vinyasa	HYS	8:35-9:35	Power Sculpt	GX			
	7:00-8:00	Cycle HIIT	CS/HYS	7:15-8:15	Body Rock	GX	7:15-7:45	NONSTOP	GX	7:00-8:00	Cycle Sculpt	CS/HYS	7:15-7:45	NONSTOP	GX						
	7:15-7:45	NONSTOP	GX	7:25-8:25	Yoga Basics	MB	7:15-8:15	Hot 26	HYS	7:15-8:15	Body Rock	GX	7:15-8:15	Tai Chi Forms	MB						
	7:15-8:15	Tai Chi	MB	8:00-8:45	TRX	ES	7:15-8:15	Taijifit	MB	7:25-8:25	Yoga Basics	MB	7:30-8:30	Cycle/HIIT	CS/GX						
	8:35-9:35	Pilates Mat	MB	8:30-9:15	Tabata Express	GX	8:30-9:00	Iron Core Express	HYS	8:00-8:45	TRX	ES	8:05-8:55	Hot Yoga Sculpt	HYS						
	8:45-9:15	Down & Gritty	GX	8:35-9:35	Nia	MB	8:35-9:35	Pilates Mat	MB	8:20-9:20	POUND	GX	8:35-9:35	Pilates Mat	MB						
									8:45-9:30	Gentle Hatha Yoga	MB										
MID MORNING	9:00-10:00	Liquid Fit	OP	9:00-10:00	Cycling	CS	9:00-10:00	Aqua Kickbox	OP	9:00-10:00	CycleOM	CS/HYS	9:00-10:00	Liquid Fit	OP	9:00-10:00	Liquid Fit	IP	9:00-10:00	Liquid Fit	OP
	9:15-10:15	Hot Yoga Sculpt	HYS	9:00-10:00	Aqua Bamba	OP	9:00-10:00	Tabata Combo	GX	9:00-10:00	H2O Yoga	IP	9:00-10:00	Hot Vinyasa	HYS	9:00-10:00	Hot 26	HYS	9:00-10:00	Hot Yoga Sculpt	HYS
	9:30-10:30	Kick Yo' Booty	GX	9:30-10:30	BODYPUMP	GX	9:15-10:15	Hot Yoga Sculpt	HYS	9:30-10:30	BODYPUMP	GX	9:15-10:15	YAH Total Body Fusion	GX	9:30-10:00	Express Cycle Recovery	FS	9:15-10:30	Restorative Yoga	MB
	9:45-10:45	Vinyasa Yoga I-II	MB	9:30-10:30	Hot Yoga Sculpt	HYS	9:45-10:45	Hatha Yoga I-II	MB	9:45-10:45	Barre Sculpt	MB	9:45-10:45	Vinyasa I-III	MB	10:00-11:00	Nia	MB	9:40-10:40	Step Revival	GX
	10:45-11:45	Hot Barre Sculpt	HY	9:45-10:45	Barre Sculpt	MB	10:00-11:00	Tai Chi	GX	10:15-11:15	Hot Vinyasa Fusion	HYS	10:15-11:15	Hot Yoga Sculpt	HYS	10:15-11:15	Cycling	CS	10:15-11:15	Hot Vinyasa	HYS
	10:45-11:45	BODYPUMP	GX	10:30-11:30	Treadmill Trekking	Cardio Floor	10:30-11:30	Hot Barre Sculpt	HYS	10:30-11:30	Treadmill Trekking	Cardio Floor	10:30-11:30	Restore & Repair	GX	10:45-11:45	Zumba	GX	10:45-11:45	Pilates Mat	MB
	11:00-12:00	Cardio Fit	MB	10:45-11:45	Zumba	GX	11:00-12:00	Stetch Therapy I-II	MB	10:45-11:45	Zumba	GX	11:00-11:35	Aqua Bootcamp	OP	11:00-12:00	Hot Vinyasa Fusion	HYS	10:50-11:50	BODYPUMP	GX
	11:20-11:50	Cycle Express	CS	10:45-11:45	Hot Vinyasa	HYS	11:00-12:00	Essentrics	GX	11:00-12:00	YAH Pilates Ball	MB	11:00-12:00	Nia	MB	11:15-12:15	Barre Sculpt	MB			
				11:00-11:45	Wellness Meditation	MB	11:00-11:35	Aqua Bootcamp	OP	11:20-11:50	Cycle Express	CS									
AFTERNOON	12:00-1:00	Zumba	GX	12:00-1:00	BODYPUMP	GX	12:00-1:00	Hot 26	HYS	12:00-1:00	Cycling	CS	12:00-1:00	CYCLE	CS	12:00-1:00	BODYPUMP	GX	12:00-1:00	Hot Ballet Sculpt	HYS
	12:00-1:00	Cycling	CS	12:00-1:00	Cycling	CS	12:00-1:00	Cycling	CS	12:00-1:00	Hot Vinyasa	HYS	12:00-1:00	Hot 26	HYS	12:30-1:45	YAH Yoga Basics	MB	12:00-1:00	Zumba	GX
	12:00-1:00	Hot Vinyasa	HYS	12:00-1:00	Hot Hatha	HYS	12:00-1:00	Zumba	GX	12:00-1:00	HIIT/Yoga	GX	12:00-1:00	BODYPUMP	GX	1:00-2:00	Funky Cycle	CS	12:00-1:00	Vinyasa Yoga I-III	MB
	12:15-1:15	Gentle Hatha Yoga	MB	12:15-1:15	Yin Yoga	MB	12:15-1:15	Barre Sculpt	MB	12:15-1:15	Gentle Hatha Yoga	MB	12:15-1:15	Barre Sculpt	MB	2:15-3:15	Dance: Jazz	GX	1:15-2:15	Ballet Sculpt	MB
	1:15-2:15	Hot Barre Fusion	HYS	1:15-2:15	Liquid Fit	IP	1:15-2:15	Liquid Fit	IP	1:15-2:15	Liquid Fit	IP							1:15-2:15	Dance: Afro Fusion	GX
	1:15-2:15	Liquid Fit	IP	1:30-2:30	Prana Vinyasa	MB	1:30-2:45	Vin Zen	MB	1:15-2:15	Hot Barre Fusion	HYS									
	1:30-2:30	Dance: Ballet	MB							1:30-2:30	Prana Vinyasa	MB									
	1:30-2:30	Essentrics	GX																		
EVENING	4:00-5:00	Hatha Yoga I-II	MV	4:00-5:00	Postures	MB	4:00-5:00	All Levels Yoga	MB	4:00-5:00	Hatha Yoga I-II	MB	4:00-5:00	Deep Healing Hatha	MB	4:00-5:00	Align & Refine Yoga	MB	4:00-5:00	Yi Jin Jing	GX
	5:00-5:30	Groovy Booty	GX	4:00-5:00	Back to Basics	GX	5:00-5:45	TRX	ES	4:00-5:00	Core & Restore	GX				4:00-5:30	Music Hot 26	HYS	4:00-5:00	Vinyasa Yoga I-III	MB
	5:00-5:45	TRX	ES	4:15-5:15	Funky Cycle	CS	5:00-5:45	Hot Stretch Therapy	HYS	4:30-5:00	Fast-n-Fit	ES				5:15-6:15	Dance: Afro Fusion	GX	5:00-6:00	Tai Chi Forms	GX
	5:00-6:00	Tropical Yoga	HYS	4:30-5:00	Fast-n-Fit	ES	5:30-6:30	BODYPUMP	GX	4:45-5:45	Hot 26	HYS									
	5:45-6:45	Barre Sculpt	MB	5:00-6:00	Hot Yoga Sculpt	HYS	5:45-6:45	Vinyasa Yoga I-III	MB	5:30-6:30	CycleOM	CS/HYS									
	6:00-7:00	CYCLING	CS	5:30-6:00	Down & Gritty	GX	6:00-7:00	Hot Vinyasa	HYS	5:45-6:30	Tabata Express	GX									
	6:00-7:00	Hot Vinyasa	HYS	5:45-6:45	Pilates Mat	MB	6:30-7:30	Zumba	GX	5:45-6:45	Pilates Mat	MB									
	7:00-8:00	POUND	MB	6:00-7:00	CycleOM	CS/HYS	7:00-8:00	Dance: Ballet	MB	6:30-7:30	Aquabatta	OP									
	7:15-7:45	Iron Core Express	GX	6:00-7:00	Athletic Endurance	GX	7:15-8:15	Beginner Hot Vinyasa	HYS	6:45-7:45	Hot Vinyasa Fusion	HYS									
				6:30-7:30	Aquabatta	OP				6:45-7:45	Dance: Hip Hop	GX									
				6:45-7:15	Power Core	MB															
			7:15-8:15	Dance: Afro Fusion	GX																
			7:15-8:15	Hot Yoga Sculpt	HYS																
			7:20-8:20	Partner Thai Yoga	MB																

***June schedule starts June 3. Some classes may have different start dates--please refer to the app, and the descriptions on the opposite side.
*For the most up-to-date changes to schedule, consult the app, rather than the website.**

GX: Group Exercise Studio
 CS: Cycling Studio
 HYS: Hot Yoga Studio
 MB: Mind Body Studio
 ES: Elevation Studio
 IP: Indoor Pool
 OP: Outdoor Pool
 FS: Flexibility Studio



Align and Refine Yoga: Go deeper in this class that teaches the actions and anatomy necessary to find clear alignment in your yoga postures.

Aqua Bamba: Immerse yourself in a low impact workout that combines the amazing strength benefits of the Gymstick™ with the cardio benefits of dance. Come try it out!

Aquabatta: A Highly Intense Interval Training workout that uses :20/:10 timing to increase your heart rate. This class may or may not use equipment.

Aqua Bootcamp: High intensity water workout that is a fantastic alternative to traditional HIIT training—great for all types and levels. Emphasis on cardio and core.

Aqua HIIT: Your favorite HIIT workout, but now in the water!

Aqua Kickbox: Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches, and drills.

Arms, Core & More: Challenge your upper body and strengthen your core using the plyometric method “jump training.” Your muscles will exert maximum force in short intervals of time to increase power, speed, and strength.

Ashtanga Principles: Join us in this shortened version of the traditional Ashtanga yoga practice.

Athletic Endurance: Whether you are training for life, triathlons or your next 5K, this class is designed to help you improve strength and endurance, and reduce injury all in an efficient, fun total body format.

Back to Basics: If you’re looking for a full body, low-impact program that is easier on your joints, but gets the job done, this is the program for you!

Ballet Sculpt: Channel your inner ballerina in this conditioning ballet-inspired toning and strengthening workout.

Barre Sculpt: This class is a Barre fusion class combining weight training, ballet, Pilates and orthopedic stretching.

BODYPUMP®: Ultimate in group resistance training. This class will focus on low weight load, high repetition movement. Challenge all muscle groups, get into shape, and produce lean body muscle conditioning.

Body Rock: If you like Zumba, you’ll love Body Rock. High intensity, cardio-focused dance workout with great music and fun choreography that will keep you coming back for more.

Cardio Fit: A low impact class that incorporates cardio & strength training into one hour while improving your muscle tone, coordination and balance.

Core & Restore: Low impact standing core work followed by floor exercises that include ab and lower back stretching and strengthening. Spinal twists and deep stretches at the end promote healing.

Cycle Express: A shorter, faster version of your favorite cycling workouts, now in a more “portable” 30-minute format.

CycleOM: A dynamic fat burning cycle workout combined with the beauty of our Hot Vinyasa style yoga. This 60-min workout starts in the Cycle Studio.

Cycling: Utilizes state-of-the-art Stages bikes for all fitness enthusiasts, recreational cyclists, or serious racers to improve cycling ability with hill climbs, sprints, tempo riding, and more!

Deep Healing Hatha Yoga: A slow practice of gentle, deep, healing postures combined with breath, creating a unity of body and spirit, culminating with deep rest, pranayama and visualization.

Down & Gritty: This 30-minute, high intensity, no equipment necessary workout, will take you to a whole new level!

Essentrics: This class is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching.

Express Cycle Recovery: *Starts June 9th Stretch out those cycling muscles with myofascial release, trigger point and stretch techniques.

Fast-n-Fit: 30-minute, high intensity class incorporating a BOSU to develop the core and stabilize muscles, while challenging strength, power, and endurance. (Low impact options available).

Functional Boot Camp: Expect to sweat and burn calories by consistently moving – high/low intensity movement focusing on cardio, core, balance, and coordination.

Funky Cycle: *Starts June 9th Groove and dance out your day on the bike with this cycling class that incorporates movement to music.

Gentle Hatha Yoga: Lengthen and strengthen the muscles, tendons and ligaments, as well as calm the nerves by focusing on the breath. For EVERYONE who wants to learn the basics from the ground up or just feel wonderful!

Groovy Booty: *Starts June 15th A party disguised as a workout! Lose yourself in the up-beat music while working on shaping your derrière with a variety of exercises—some familiar, some unknown, BUTT all fun!

Hatha Yoga: “Hatha yoga” is the physical practice of yoga. Most styles of yoga fall under this umbrella. Students will learn various breathing exercises and postures that begin to open the body, generate energy & promote focus and balance.

HIIT/Yoga: Blast your body and challenge your cardio with some high intensity interval training (HIIT), and then lower the blood pressure and stretch it out in this new fusion class.

Hot 26: This class will use the traditional 26 hot yoga poses taught sequentially. Build strength, flexibility, balance and focus in this challenging class. Come get your sweat on! Temperatures are set at 105 degrees.

Hot Barre Fusion: Nothing like mixing barre and yoga to get that full body burn and then stretch it out and lengthen those worked muscles.

Hot Barre Sculpt: This is a fusion class combining weight training, ballet, Pilates and orthopedic stretching. This class is what you love in our Barre Sculpt but in a 95 degree heated room.

Hot Hatha: Utilize a set sequence of poses designed to strengthen, lengthen, and improve balance. This detoxifying mixture of poses will be both challenging and relaxing as they heal and transform. Temperatures are set at 105 degrees.

Hot Stretch Therapy: A class focused on stretching the body from head to toe to encourage movement and lengthening. 80-85 degree heated room.

Beginner Hot Vinyasa: In this slower, more alignment-based practice, students will get used to the heat and humidity, and experience a fluid deep practice. Temperatures are set at 85 degrees.

Hot Vinyasa: Do you love vinyasa in a temperate room? You’ll love vinyasa in our heated space! Creative and fluid sequences will lead your body to a stronger, more flexible and grounded place. Temperatures are set at 95 degrees.

Hot Vinyasa Fusion: This class combines the best of both worlds. Some hot 26 postures will be taught as well as fluid vinyasa sequences. This class will help you build strength, flexibility and balance. Temperatures are set at 95 degrees.

Hot Yoga Sculpt: This intense but easy to follow athletic practice will utilize small hand weights within the postures to help you get stronger. Prepare to enjoy this fluid, challenging class. Temperatures are set at 95 degrees.

Iron Core Express: Hard-hitting, high intensity workout that is sure to sculpt your abs into iron.

Kick Yo’ Booty: If you want to get stronger, feel empowered, or just burn a lot of calories, this is the class for you! Cardio kickboxing drills that blend martial arts are used to increase aerobic endurance and burn calories.

Liquid Fit: Don’t let the water fool you! This high intensity, low impact workout uses dumbbells, Gymstick™, Hydrotone, and noodles to increase resistance, and tone entire body.

NIA: Nia tones your body while transforming your mind, by combining 52 simple dance moves with martial arts and mindfulness. Come discover how much fun moving can be!

NONSTOP: *Starts June 15th Find your limit, then push past it. The goal: keep your body moving for 30 minutes in this total body conditioning class. Your cardiovascular and muscular endurance will be tested. Can you last?