








Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am Power Hour		6:00am Power Hour		
7:00am Dumbbells 101	7:00am CIRCL Mobility™	7:00am Dumbbells 101	7:00am CIRCL Mobility™	7:00am Dumbbells 101	
8:15am Rock Steady Boxing <i>(Specialty Class*)</i>		8:15am Rock Steady Boxing <i>(Specialty Class*)</i>		8:15am Rock Steady Boxing <i>(Specialty Class*)</i>	8:30am Shred
9:15am Rock Steady Boxing <i>(Specialty Class*)</i>	9:00am Dumbbells 101	9:15am Rock Steady Boxing <i>(Specialty Class*)</i>	9:00am Dumbbells 101	9:15am Rock Steady Boxing <i>(Specialty Class*)</i>	
	10:00am Tai Chi		10:00am Tai Chi		10:15am Zumba®
11:30am  Classic	11:30am  Stability <i>(30 mins)</i>	11:30am  Classic	11:30am  Stability <i>(30 mins)</i>	11:30am  Classic	
4:30pm BOOM Mind™ <i>(45 mins)</i>		4:30pm BOOM Mind™ <i>(45 mins)</i>			
5:30pm Shred	5:30pm Zumba®	5:30pm Shred	5:30pm Zumba®		
	6:30pm Pilates		6:30pm Pilates		

All Classes are 50 minutes, unless otherwise noted. Class schedule subject to change.

* Specialty Classes are NOT included with Group Exercise membership. *

Class Descriptions

BOOM MIND™	BOOM MIND™ takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind. The focus of this class is on core muscles, lower body strength and balance.
CIRCL Mobility™	RELEASE. RESTORE. RENEW. Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises to help you move better, longer. Set to a soundtrack of healing tones + sound frequencies to help your mind focus and release stress.
DUMBBELLS 101	Head-to-toe strength training with dumbbells. All muscle groups are incorporated. Warm up before and stretch throughout. Class also works on balance, coordination, and flexibility. There is one “challenge day” which is a little harder than the others.
POWER HOUR	Athletic Conditioning including pushups, sit ups, step drills, squats, lunges, burpees. Lots of up and down, lots of stretching. An early morning butt kicking. Very fast paced.
PILATES	Pilates is a system of repetitive exercises performed on a mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core. The technique cultivates awareness of the body to support everyday movements that are efficient and graceful.
SHRED	This total body workout incorporates strength and cardio training to challenge you through intervals or stations. Intervals are typically one-minute of work, with 30 seconds of rest. Exercises in this class are more advanced.
 CLASSIC	Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.
 STABILITY	Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.
TAI CHI	A moving meditation that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
ZUMBA®	Zumba® is a combination of Latin and international music and dance to create a dynamic and calorie-burning workout for people of all fitness levels.

Specialty Class

ROCK STEADY BOXING	Rock Steady Boxing is a health and wellness program designed for people with Parkinson's Disease. Class is based on a foundation of non-contact boxing, and is very effective for improving all of the symptoms associated with Parkinson's Disease. Two classes are offered to accommodate participants experiencing different stages of the disease.
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