

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MORNING CLASSES</p> <p>6:15-6:55 <i>Slow Lift</i> Georgette (A)</p> <p>7:30-8:25 <i>Body Ball Blast</i> June (A)</p> <p>8:30-9:25 <i>Stretching</i> Kay(Y)</p> <p>8:30- 9:25 <i>Strength with</i> Diane (A)</p> <p>9:30-10:25 <i>Prana Flow Yoga</i> Laurel (Y)</p> <p>9:30-10:25 <i>Cardio Stations</i> Heather (G)</p> <p>10:00-10:55 <i>Power Splash*</i> Karen (Pool)</p> <p>10:30-11:25 <i>Total Body Fit</i> June (A)</p> <p>EVENING CLASSES</p> <p>7-8:10 <i>Power Yoga</i> Maury(A)</p>	<p>MORNING CLASSES</p> <p>6:30-7:25 <i>Yoga Flow</i> Laurel (Y)</p> <p>7:30-8:25 <i>Cardio Strength</i> Diane (A)</p> <p>8:30-9:25 <i>Athletic Pilates</i> Diane (A)</p> <p>9:00-9:55 <i>CAC Cycle</i> Benita (CY)</p> <p>9:30-10:30 – <i>HIIT STEP</i> Kim (A)</p> <p>9:30-10:30 <i>Cardio Dance</i> Karen (G) !</p> <p>10:00-10:55-<i>Aqua Zumba</i> Mary (Pool)</p> <p>10:30-11:25 <i>Strength & Abs</i> Anna(A)</p> <p>12-12:45* <i>Barre Express</i> Karen (Y)</p> <p>EVENING CLASSES</p> <p>5:30-6:25 <i>Yoga* - Jim</i> (Y)</p> <p>7-8:00 <i>Yoga/Pilates/Fusion</i> Maury (Y)</p>	<p>MORNING CLASSES</p> <p>6:15-6:55 <i>Wake up</i> Wednesday- Georgette (G)</p> <p>7:30-8:30 <i>Low Impact</i> Intervals and strength.- Karen (A)</p> <p>8:30-9:25 <i>Stretching Kay</i>(Y)</p> <p>8:45-9:25 <i>Step Interval</i> Renee (A)</p> <p>9:30-10:25 <i>Interval Power</i> Hour Anna (A)</p> <p>9:30-10:25 <i>Yoga*-Renee</i>(Y)</p> <p>10:30-11:25 <i>Total Body Fit</i> June (A)</p> <p>EVENING CLASSES</p> <p>5:30-6:25 <i>True Grit</i> Bootcamp - Jason (A)</p> <p>5:30-6:30 <i>AquaFit * Mike</i> (pool)</p> <p>7:00-8:10 <i>Power Yoga</i> Maury (Y)</p>	<p>MORNING CLASSES</p> <p>7:30-8:25 <i>Cardio/Sculpt</i> June(A)</p> <p>8:30-9:25 <i>YES Yoga</i> Laurel (Y)</p> <p>9:00-9:55 <i>Cycle Burn</i> Heather (CY)</p> <p>9:00-10:25 <i>Interval Power</i> Renee (A)</p> <p>10:30-11:25 <i>Zumba</i> Mary (A)</p> <p>10:00-10:55 <i>Stretch & Roll</i> Heather (Y)</p> <p>10:00-10:55 <i>Power Splash</i> Mike (Pool)</p> <p>EVENING CLASSES</p> <p>6:00-7:00 <i>Yoga * Maury</i> (A)</p>	<p>MORNING CLASSES</p> <p>7:30-8:25 <i>CAC - Cardio,</i> Abs, Calm - Laurel (A)</p> <p>8:30-9:25 <i>Strength & Abs</i> Becky (A)</p> <p>8:30-9:30 <i>Trekking &</i> <i>Strength - Benita</i> (C)</p> <p>8:30-9:25 <i>Stretching</i> Kay (Y)</p> <p>9:30-10:25 <i>Yoga Jim</i> (Y)</p> <p>9:30-10:25 <i>Tabata</i> Training - Heather (G)</p> <p>10:30-11:25 <i>Cardio</i> Dance -Karen(A)</p> <p>LUNCH CRUNCH</p> <p>12-12:45pm * <i>Barre</i> <i>Express - Karen</i> (Y)</p> <p>EVENING CLASSES</p> <p>6:00p-7:00p <i>Yoga with</i> <i>Singing Bowls.</i> Maury/Maria (A)</p>	<p>MORNING CLASSES</p> <p>7:45-8:45 <i>Slow Lift</i> Georgette (G)</p> <p>9:00-9:55 <i>CAC Cycle</i> Benita/Mike (CY)</p> <p>9:00-9:55 <i>Interval</i> <i>Power Hour – Karen</i>(A)</p> <p>10:00-10:55 <i>Yoga</i> Karen (Y)</p> <p>10:00-10:55 <i>Power</i> <i>Splash Helene</i> (Pool)</p> <p>Sunday</p> <p>9:00-10:00 <i>Walking with</i> Diane</p> <p>10:30-11:25 <i>Cardio Mix</i> Diane (A)</p> <p>11:45-12:45 <i>Yoga with</i> Maury (Y)</p> <p>1p-2p <i>Chair Yoga with</i> Maury (Y)</p>

(A)=Aerobics Room (Y)= Yoga Room (CY)=Cycle Room (C) = Cardio Room (G)= Gym (PT) = Personal Training Room (P)= Pool (O)= Outside Activity (OP)=Outside Pool

* Family Friendly Fitness Classes – parents with children ages 10-13 are welcome. ***NEW TIME!**

Advanced Step Interval

This advanced class will tone, sculpt & burn off those unwanted calories in a 60 minute step interval challenge!

AquaFit

A challenging water aerobics class that combines cardio strengthening & toning exercises for a full body workout.

Athletic Pilates

Strengthen & tone the entire body to maximize core stability, flexibility, strength & muscle tone.

Barre Pilates Fusion

Barre with Pilates Focus-Blends the very best of Barre and Pilates Formats creating a dynamic fusion program for all!

Body Ball Blast

You'll have a ball at this class! Great cardio workout and toning exercises - all using the stability ball.

Body Sculpt!

Tone, lift & sculpt -achieve the body you've always wanted.

Bootcamp Total Fit

Build strength & improve endurance in this challenging, total body bootcamp. You'll leave class feeling exhilarated!

Bootcamp Strong

Cardio combined with strength training to rev up your metabolism & build strong muscles.

Cardio, Abs, Calm

Perfect combination of upbeat cardio, core strengthening & relaxing stretches.

Cardio Stations

Great interval workout! Timed cardio and strength exercises, positioned around the gym. All fitness levels

CAC Cycle

Indoor cycling class takes you uphill, downhill & back again for the ultimate cardio workout. All fitness levels welcome!

Cardio Body Blitz Interval

An energizing workout combining interval with strength. High/low cardio intervals, strength, balance and flexibility.

Cardio Body Sculpt / Cardio Sculpt

Intense full body cardio & sculpting workout combining cardio intervals with strength, endurance & stability exercises.

Cardio Mix!

A variety of step aerobics & slides all of which will include resistance training & stability balls for a full body workout.

Cardio Strength

Cardio class that involves strength training, including multi-muscle exercises to tone & strengthen the body & keep your heart rate elevated.

Chisel

Lift, sculpt and tone your way to the body you've always wanted using bands, tubes and weights.

Cycle Burn

Spin your way through major calorie burn, increase core strength & tone major muscles with this high energy cycle class. Intervals with light pound weights for a great workout.

Fit, Firm & Fast

Get your cardio and strength training all in a quick 45 minute burst during this lunchtime workout!

Firm & Burn

Fusion of techniques from Tabata & cardio intervals will target & tone while burning mega calories.

H.I.I.T.

High intensity interval training class guaranteed to get your heart rate up and start your day off right!

Intermediate Yoga

Slightly more advanced yoga with focus on inversion poses. 1 hour :15 minutes.

Interval POWER Hour

This class incorporates cardio and strength intervals that are guaranteed to POWER up your workout.

Mat Pilates

Mat-based workout strengthens, tones & lengthens muscles while improving flexibility and posture.

Power Cardio Strength Challenge

High energy cardio intervals with strength training for a full body burn while building strong muscles. No shortage of variety in this upbeat, fast-paced workout. All fitness levels!

Power Splash

Combination cardio & strength training using weights & water resistance. If you thought water wasn't challenging, think again.

Prana Flow Yoga

Connect body and mind with this rhythmic flow yoga class.

Roll & Stretch with It

Release tension & soothe tight muscles using the foam roller, increase flexibility & range of motion with stretching.

Sculpt, Abs & Stretch

The name says it all! Sculpt strong muscles, strengthen abs and stretch it out!

Slow-Lift

This sculpting class focuses on slow intervals of weight resistance & training emphasizing form & fundamentals.

Spinning

Start off your morning with this energizing spin class – sure to rev up your metabolism!

Step Interval

A refreshing take on your average step class, this combination of weight & resistance gives you an intense, total body workout.

Strength & Abs

Strengthen & tone muscles and develop a strong core.

Stretch&Balance

This class is focused on building flexibility and balance by teaching proper stretching techniques.

Strength & Sweat

Get your heart pumping and your muscles burning in this weight training/cardio bursts interval class.

Stretching

Improve flexibility, range of motion, overall joint & muscle elasticity.

Sunrise Total Fit Class

This early morning bootcamp style class will improve your strength, agility & endurance & boost your energy levels.

Tabata Training

High intensity interval training class consisting of intense cardio sessions combined with brief periods of rest.

Total Body Fit

Low impact cardio & sculpting intervals– perfect formula for your total best body results.

Trekking & Strength

This interval treadmill class with weights will help you get in shape in no time. Great for all fitness levels

Walking with Diane

Weather permitting, fast-paced outdoor walking. (No class held in inclement weather, call or check facebook for updates.)

Wake Up Wednesday! Get your motor revved up with this bootcamp, circuit training class. Held in the gym for more room to rumble!

Yoga

Use controlled movements to focus on breathing, balance, posture and relaxation in an energized environment.

Yoga Fusion

Combing the benefits of yoga, strength and pilates to create strong core and spinal muscles.

YES Yoga Yoga, Energy, Strength

Build strength & muscle tone using the natural weight of your body and light weights . Slow, purposeful movements with mind/body alliance.

ZUMBA! *An exciting interval training class with a Latin twist!*