

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

(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!*