



Group Fitness Schedule

MONDAY			TUESDAY			WEDNESDAY		
5:15AM	Circuit/HIIT (September-May)	Lee	8:30AM	HIGH FITNESS (45 min)	Lou	5:15AM	Circuit/HIIT (September-May)	Lee
9:15AM	Circuit/HIIT (September-May)	Lee	9:30AM	Circuit/HIIT	Lou	9:15AM	Circuit/HIIT (September-May)	Lee
6:30PM	YOGA	Angelina	6:30PM	Spin	Tracy			
THURSDAY			FRIDAY			SATURDAY	SUNDAY	
8:30AM	HIGH FITNESS (45 min)	Lou	5:15AM	Circuit/HIIT (September-May)	Lee	No classes available		
9:30AM	Circuit/HIIT	Lou	9:15AM	Circuit/HIIT (September-May)	Lee			
6:30PM	Spin	Tracy						

- 5 Punch Pass \$20 or 10 Punch pass \$40
- \$50 per month for unlimited classes

Spin/Cycle- a fun, beat based, drill focused ride that let's the beat of the music inspire you to ride faster and work harder than ever before. A great low impact, high cardiovascular workout that is an ultimate fusion of effort and energy. Some drills may be taken off the bike. All levels welcome.

HIGH- A sweaty blast with nostalgic and fun music from all decades and genres that will motivate you to the max.

Simple and easy to follow fitness choreography. Interval training moves: jump squats, burpees, tuck jumps, etc.

Take it HIGH or take it low! Options given for all levels of fitness.

Circuit/HIIT- Build muscular strength and endurance while focusing on full body and functional exercises. Everyday will be a different workout while you can expect to use weighted body bars, TRX straps, as well as cardio equipment.

YOGA- a vinyasa style class that can be adapted to all abilities. This class is designed to be a moving meditation with a focus on a flowing breath that connects mind, body and spirit, safe alignment, and ends in a guided relaxation.

Midweek Muscle Madness- re-motivate yourself with a midweek muscle madness this will be a full body workout with a heightened focus on one specific muscle group (changes each week.) This will improve your functional and endurance strength training. This class will focus mainly on weight training by using free weights, cable machines, barbells and body weight. It will also include short intervals of cardio and core work to give you a full body burn