

Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX Blend 5:30 - 6:15am	C.S.I. 5:30 - 6:15am		C.S.I. 5:30 - 6:15am		Weightloss & Fitness Support Group 6:15 - 7:00am
						C.S.I. 7:15-8:00am
am is above - pm is below						
WOW - Boys 5:00 -6:00pm	Weightloss & Fitness Support Group 5:30 - 6:30pm	Find Your Sweat 6:15 - 6:45pm	TRX Blend 6:15 - 7:00pm			
WOW - Girls 6:00 -7:00pm	Fat Burn 6:15-7:00pm	Barre 6:50 - 7:20pm	Pilates 7:05 - 7:35pm			
	Yoga 7:05 - 8:05pm					

TRX Blend

TRX delivers a fast, effective total-body workout that benefits people of all fitness levels. Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform exercises to increase muscular endurance, a solid core and overall muscle tone. Combined with other equipment such as stability balls, kettle bells, Bosu balls, and free weights, this is a well-rounded and effective workout that is sure to get participants shredded.

Weightloss & Fitness Support Group

A weekly meeting for those focused on losing weight, improving their fitness level and general health and happiness. Each class consists of a workout, motivational topic and weigh in. There is a prerequisite for this class. Please contact us for more details

Barre

A unique total body workout that incorporates the fundamentals of dance, Pilates, and flexibility training to transform and sculpt your body to lean, tone, and improve posture. An easy to follow, yet high energy class.

C.S.I.

Beginners to mixed level. Cardio and strength interval training is perfect for those with weight loss goals, wanting to reduce fat and gain strength. Appropriate for intermediate levels to take it to the next level of fitness.

Fat Burn

Burn extreme calories in just 30 minutes. Class will consist of strength, cardio intervals, core work and more. A variety of equipment, TRX, kettle bells, bosu and stability balls, stairs and more will make this workout fast and fun!

Find Your Sweat

Find Your Sweat—Accelerate your fat burning potential in this 30 minute class that will get your heart racing and body moving. You will find your sweat swagger through boxing moves, HIIT intervals, bosu, rope, TRX, weights, or other various equipment and circuits. This class is a good fit for all fitness levels, as it can be modified or intensity increased for more of a challenge.

Pilates

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity.

WOW

A class designed for young women ages 12-18, who are looking for an extra boost of confidence, fitness, nutritional knowledge, and an opportunity to strengthen her inner self! This new and exciting class will have something in it for everyone and is essential to their growing and maturing needs balancing the triangle of body, mind, and spirit.

Yoga

Hatha Yoga provides a safe and gentle system that does not require great flexibility or stamina. It consists of non-strenuous bends, lifts, and twists performed with specific breathing patterns while focusing on breathing and meditation through the movements. This class is designed to strengthen the body, tone the core and increase flexibility. Great for beginners or those who prefer a slower paced, gentler Yoga.