

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Self Excel 5:30 - 6:15am	C.S.I. 5:30 - 6:15am		C.S.I. 5:30 - 6:15am		C.S.I. 7:15-8:00am
Strength n' Sculpt 6:15-7:00pm	Find Your Sweat 6:15 - 6:45pm	Work It Circuit 6:15 - 7:00pm			
Yoga 7:05 - 8:05pm	Barre 6:50 - 7:20pm				

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.

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.

Self Excel

Self Excel is a fresh new and exciting style of class, where accountability and results go hand in hand. Based on 4 progressive sessions, 6 weeks each, starting with Cardio, then Strength, Flexibility/Balance, and Totally Body. Assessments and measurements will be taken by the instructor periodically, as well as general mindfulness and nutritional guidance. Session dates are as follows:

- Sept. 18-Oct. 23--Cardio focus
- Nov. 6-Dec. 11--Strength focus
- Jan. 8-Feb. 12--Flexibility/Balance focus
- Feb. 26-Apr. 2--Total Body

Weighloss & 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.

Work It Circuit

A well-rounded and effective total body workout that is sure to get participants shredded. A portion of the class will focus on TRX, which combines gravity and your own body weight, along with a variety of equipment such as, but not limited to, stability or bosu balls, medicine balls, bands, battle rope, and kettle bells. A circuit style class that meets any fitness level and will keep you guessing for what's next!

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.