<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
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</table>
| 6:15–7:15 AM | **BOOTCAMP**
ALLISON | **BODY PUMP**
MELISSA | **BOOTCAMP**
ALLISON | **BODY PUMP**
MARGARET | **CARDIO CORE**
FRANCESCA |
| 6:15–7:15 AM | **CYCLE SURGE**
JO ANNE | **CYCLE SURGE**
LACEY | **CYCLE SURGE**
CHLOE | **CYCLE 60 RPM** | **HATHA YOGA CHANDRA** |
| 9:00–10:00 AM | **ACTIVE OLDER ADULT CARDIO DANCE**
DEBRA | **ACTIVE OLDER ADULT PIYO**
DEBRA | **ACTIVE OLDER ADULT PIYO**
MONICA | **ACTIVE OLDER ADULT PIYO** | **CYCLE 60 RPM** |
| 6:15–7:15 AM | **ACTIVE OLDER ADULT PIYO**
DEBRA | **ABT (ABS, BUNS, THIGHS)**
JOE | **ABT (ABS, BUNS, THIGHS)**
JOE | **ABT (ABS, BUNS, THIGHS)** | **HATHA YOGA ALYSSA** |
| 4:30–5:25 PM | **ABT (ABS, BUNS, THIGHS)**
JOE | **RESTORE + FLOW YOGA**
LOUIS | **RESTORE + FLOW YOGA**
LOUIS | **RESTORE + FLOW YOGA** | **MIND/BODY HIGH INTENSITY** |
| 5:30–6:00 PM | **CARDIO CORE**
EMLEY | **CARDIO CORE**
EMLEY | **CARDIO CORE**
EMLEY | **CARDIO CORE** | **BODY PUMP** |
| 5:30–6:15 PM | **CYCLE 45**
LAURENCE | **CYCLE 45**
LAURENCE | **CYCLE 45**
LAURENCE | **CYCLE 45** | **BODY PUMP** |
| 5:30–6:30 PM | **BOOTCAMP EXPRESS**
Megan/Lily S. | **BARRE**
EMMA | **BARRE EXPRESS**
LILLY L. | **BARRE EXPRESS** | **BODY PUMP** |
| 5:30–6:30 PM | **AQUA POWER HOUR**
LISSETTE | **RESTORATIVE YOGA**
DERBY | **MAT PILATES**
LOUIS | **ZUMBA** | **CYCLE 60 RPM** |
| 5:30–6:30 PM | **RESTORE + FLOW YOGA**
LOUIS | **ZUMBA**
JENNA | **BODY PUMP**
MARGARET | **BODY PUMP** | **MIND/BODY HIGH INTENSITY** |
| 6:15–7:15 PM | **BODY PUMP**
LUZ | **BARRE EXPRESS**
SARAH | **BARRE EXPRESS**
SARAH | **BODY PUMP** | **ZUMBA** |
| 6:15–7:15 PM | **BARRE EXPRESS**
SARAH | **STRENGTH**
EMILY C. | **STRENGTH**
EMILY C. | **STRENGTH** | **BARRE** |
| 7:00–8:00 PM | **IGNITE + FLOW YOGA**
REAGAN | **ZUMBA/DANCE** | **ZUMBA/DANCE** | **ZUMBA/DANCE** | **ZUMBA/DANCE** |
| 7:30–8:30 PM | **VIXEN WORKOUT**
LEILA | **ZUMBA/DANCE** | **ZUMBA/DANCE** | **ZUMBA/DANCE** | **ZUMBA/DANCE** |
All classes vary by instructor. Try different formats and instructors to find the best fit(s) for you.

*Indicates a class that the class can be found in a full 60- and “Express” 45-minute format

**ABS**: This class will work every angle of your core to define and sculpt the abdominals, obliques, and lower back. All experience levels welcome!

**ABT** (Abs, Buns, and Thighs): This class targets the abs, buns, & thighs to strengthen and improve core stability.

**ACTIVE OLDER ADULTS CARDIO DANCE**: Continuous movement for 30-40 minutes that includes low impact dance patterns with modifications, options to suit all fitness levels, and plus additional stretching at the end of class.

**AQUA AEROBICS**: Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a blend of cardio and resistance training incorporating buoyant water weights and noodles.

**AQUA POWER HOUR**: A mix of cardio and strength using various aqua exercise equipment. Class takes place in the shallow end where participants can stand up with your head above water, so no swimming skills are required.

**BARRE**: Ballet-inspired including elements of Pilates, dance, yoga and functional training into the group workout. This combination of large, energizing movements and small, precise pulses goes beyond working the muscles you use every day to fire up the muscles easily overpassed.

**BODYPUMP**: The original barbell class that will sculpt, tone, and strengthen your entire body by combining low weight loads with high repetition movements.

**BOOTCAMP**: This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional resistance training and bodyweight exercises in a high intensity interval training (HIIT) format.

**CARDIO CORE**: This quick and convenient class gets the heart going with high intensity bursts followed by a period of active recovery. Finish off the workout by honing in on the core, targeting the abdominal muscles to help with balance and stabilization.

**CYCLE 60 & 45**: Raise your heart rate and pedal through all aspects of the road—flats, hills, sprints and other challenging drills! Numbers listed on the class schedule indicate length of the class time. All levels welcome.

**CYCLE RPM**: With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It’s a journey, not a race!

**CYCLE SURGE**: This 45- or 60-minute workout is great for all levels of indoor cyclists and is fueled by technology that measures metrics of your daily and historical performance and emails you the result after every ride to help you meet your fitness goals! Depending on the instructor, class structure will focus on endurance, power, or fundamentals.

**FLOW YOGA CLASSES**: These classes are vinyasa-style yoga classes, focused on creating a mind and body connection through intentional movement and breathwork. All classes are suitable for all levels.

- Restore + Flow Yoga: Relaxation & Stretching
- Ignite + Flow Yoga: Power & Strength
- Vibe + Flow Yoga: Energizing & Music Driven
- Awaken + Flow Yoga: Energizing Flow

**HAPPY HOUR POWER YOGA**: A vinyasa style class for yogis who want a less-traditional yoga experience. Class incorporates popular music, fun, strengthening poses, and empowering language. All experience levels welcome.

**HATHA YOGA**: This yoga practice is designed to align and calm your body, mind, and spirit. With a slow, but flowing pace, poses will build heat and allow participants to sink deeper into the stretch. All experience levels welcome.

**MARINE CORE**: This class uses gravity and water resistance to tone muscles as well as to raise your heart rate and strengthen your core.

**MAT PILATES**: This all-levels class may utilize equipment like rings, blocks, and rollers in addition to your own body. Mat work exercises are the fundamental exercises of Pilates and will improve core strength, flexibility, balance, and posture.

**POWER CIRCUIT**: A fun and fast-moving class that incorporates full-body strength and cardio exercises into a circuit of 6-15 stations. This class is often called exercise in disguise. A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**RESTORATIVE YOGA**: This yoga practice is focused on slow-paced relaxation & stretching and is designed to rejuvenate and calm your body and mind. All experience levels welcome.

**SILVERSNAKERS® CLASSIC**: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

**SILVERSNAKERS® YOGA**: This class moves through a complete series of seated and standing yoga poses. Chair support is offered so participants can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement.

**STRONG BY ZUMBA**: In every class, music and moves sync in a way that push participants past their perceived limits. Using body weight, participants will complete high intensity interval training exercises to improve muscular endurance, tone and definition.

**VIXEN WORKOUT**: A cardio dance class created for female empowerment. With the lights off and colorful stage lighting on, women will complete intense muscle toning movements hidden by clever choreography set to hip-hop and other popular songs.

**ZUMBA®**: Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.