

MONDAY

8 am
Group Power
Elaine

10 am
TRX*
Sylvia

5 pm
Absolute Abs
Soad

TUESDAY

9 am
Group Active
Elaine

5:30 pm
Group Centergy
Laura

6:30 pm
Animal Flow*
Laura

WEDNESDAY

8 am
Group Power
Elaine

10 am
Step
Soad

5 pm
Absolute Abs
Soad

THURSDAY

9 am
Group Active
Elaine

10 am
TRX*
Sylvia

10 am
Group Centergy
Patti S.

5:30 pm
Group Power
Patti E.

FRIDAY

9 am
**Strength
and Conditioning**
Janelle

SATURDAY

9 am
Group Power
Jenny/Kris

* = \$10 per class or
Free with Fitness
Plus

No classes on
December 25

Class Descriptions

GROUP EX CLASSES

Absolute Abs

Forget those ordinary old sit-ups. This 50-minute class will take your core workout to another level. With a little creativity and a stability ball, you will get a core you adore!

Mobility/Strength

Body weight exercises, light weights and functional movement patterns to train for improvements in everyday, real life activities.

Boot Camp

This intense, high-energy class will get your weekend off to a great start! Work on strength, cardio, endurance and functional fitness with a variety of drills and equipment in our gym.

Group Active

Get all the fitness you need—cardio, strength, balance and flexibility—in just one hour. With inspiring music, adjustable dumbbells and body weight exercises and simple athletic movements, this class is for everyone.

Group Centergy

A 60-minute journey that combines yoga and Pilates, enabling you to center your energy and relieve stress.

Group Power

This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Group Power is for all ages and fitness levels.

Step

High intensity cardio class using the step bench.

TRX

Build functional strength and improve flexibility, balance and core stability all at once using body weight suspension training.