

MONDAY

8 am
Group Power
Elaine

10 am
TRX*
Sylvia

5 pm
Absolute Abs
Soad

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

TUESDAY

9 am
Group Active
Elaine

5:30 pm
Group Centergy
Laura

6:30 pm
Animal Flow*
Laura

NEW
CLASS

WEDNESDAY

8 am
Group Power
Elaine

10 am
Step
Soad

5 pm
Absolute Abs
Soad

5:30 pm
Gentle Yoga
Holly

NEW
CLASS

THURSDAY

7:45 am
Mobility/Stretch
Steve

9 am
Group Active
Elaine

10 am
TRX*
Sylvia

5:30 pm
Group Power
Patti

FRIDAY

9 am
**Strength
and Conditioning**
Janelle

NEW
CLASS

SATURDAY

9 am
Group Power
Jenny/Kris

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.