

## SUNDAY

**8:15 am**  
**Group Power**  
 KDS  
*Live and Virtual*

**9:30 am**  
**Group Fight**  
 KDS  
*Lauren*

**9:30 am**  
**Spinning**  
 Spin Studio  
*Molly/Marsha*

**10:30 am**  
**Yoga**  
 KDS  
*Moya*

## MONDAY

**6:15 am**  
**Group Blast**  
 KDS  
*Rachael*

**6:15 am**  
**Spin and Stretch**  
 Spin Studio  
*Marsha*

**7:15 am**  
**Spin and Stretch**  
 Spin Studio  
*Marsha*

**8 am**  
**Group Centergy**  
 KDS  
*Laurie*  
*Live and Virtual*

**9:15 am**  
**Group Active**  
 KDS  
*Molly*  
*Live and Virtual*

**9:30 am**  
**Boom, Muscle and Move**  
 Levinson B  
*Holly*  
 No reservation required

**9:30 am**  
**Spinning**  
 Spin Studio  
*Laurie*

## TUESDAY

**6:15 am**  
**Group Power**  
 KDS  
*Laurie*

**7:30 am**  
**Group Core**  
 KDS  
*Evan*

**8 am**  
**Group Power**  
 KDS  
*Evan*

**9 am**  
**Group Power**  
 KDS  
*Molly*  
*Live and Virtual*

**9:30 am**  
**Spinning**  
 Spin Studio  
*Holly*

## WEDNESDAY

**6:15 am**  
**Group Fight**  
 KDS  
*Laurie*

**7:15 am**  
**Spin and Stretch**  
 Spin Studio  
*Marsha*

**8 am**  
**Group Centergy**  
 KDS  
*Evan*  
*Live and Virtual*

**9 am**  
**Group Blast**  
 KDS  
*Laurie*

**9:15 am**  
**Boom, Muscle and Move**  
 Levinson B  
*Holly*  
 No reservation required

**10:15 am**  
**Group Active**  
 KDS  
*Evan*

## THURSDAY

**6:15 am**  
**Group Power**  
 KDS  
*Marsha*

**7:30 am**  
**Group Core**  
 KDS  
*Laurie*

**8 am**  
**Group Power**  
 KDS  
*Laurie*

**9 am**  
**Group Power**  
 KDS  
*Live and Virtual*

**9:30 am**  
**Spinning**  
 Spin Studio  
*Holly*

## FRIDAY

**6:15 am\***  
**Spinning**  
 Spin Studio  
*Laurie*

**6:15 am**  
**Group Fight**  
 KDS  
*Rachael/Lauren*

**7:30 am**  
**Spinning**  
 Spin Studio  
*Evan*

**8 am**  
**Group Centergy**  
 KDS  
*Holly*  
*Live and Virtual*

**8:30 am**  
**Boom, Muscle and Move**  
 Levinson B  
*Marsha*  
 No reservation required

**9:15 am**  
**Group Active**  
 KDS  
*Evan*

**9:15 am**  
**Yoga**  
 RDS  
*Pamela*

## SATURDAY

**8:45 am**  
**Group Blast**  
 KDS  
*Evan*

**10 am\***  
**Group Centergy**  
 KDS  
*Evan*

**11 am\***  
**Group Active**  
 KDS  
*Evan*

**Classes require reservations through MINDBODY unless otherwise noted**

**Room Key**  
**KDS**  
 Kaufmann Dance Studio  
**RDS**  
 Robinson Dance Studio

\* = See back page



## MONDAY

**6 pm**  
**Group Fight**  
 KDS  
 Mike

## TUESDAY

**5 pm**  
**Group Power**  
 KDS  
 Evan

**6 pm**  
**Group Centergy**  
 KDS  
 Holly  
 Live and Virtual

**6:15 pm**  
**Yoga**  
 Levinson Hall  
 Taya

## WEDNESDAY

**5:30 pm\***  
**Group Core**  
 KDS  
 Mike

**6 pm\***  
**Group Fight**  
 KDS  
 Mike

## THURSDAY

**5:15 pm**  
**Group Power**  
 KDS  
 Evan

**6:15 pm**  
**Group Centergy**  
 KDS  
 Evan

**\* = Cancelled Classes  
 due to summer vacation**

**Group Fight: 8/5**  
**Group Core: 8/10**  
**Group Fight: 8/10**  
**Group Centergy: 8/13**  
**Group Active: 8/20**

**GROUP ACTIVE** is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances Movement Health (TM) for daily life. Inspiring music and professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight and the step. **Activate your life!**

**GROUP BLAST** is 60 minutes of athletic cardio training that uses the step in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power and strength with exiting music and motivational coaching. **Have a blast!**

Grow longer and stronger with **GROUP CENTERGY**, an invigorating 60-minute mind body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. **Redefine yourself!**

**HIIT-High Intensity Interval Training** is a method that involves exercises performed in repeated quick bursts at maximum or near maximal effort with periods of rest or low activity between bouts.

**GROUP CORE** gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances Movement Health (TM). Expert coaching and motivating music will push you through a wide variety of innovative exercises that use your body weight, weight plates the step and a towel.

**Get hard core!**

**GROUP FIGHT** is a gripping hour that builds cardio fitness, total-body strength and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Motivational coaching and exciting music will get you fighting fit. **Fight for it!**

**GROUP POWER** is a one-hour, cutting edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates body weight, the step, heart pounding music and expert coaching.

**Get muscle and movement strong.**

**BOOM, MUSCLE AND MOVE** is a 30-45 minute beginning to intermediate class with weights provided, that improves strength, endurance and balance.

Free to members; \$2/AgeWell members

**YOGA** is a mind and body practice. Yoga combines physical postures, breathing techniques and meditation or relaxation to promote mental and physical well-being.

**SPINNING** is a Group Cycling class focusing on endurance, strength, intervals and recovery. Strengthen your heart, be kind to your joints, go easy on your knees and enhance your mental strength.

**ZUMBA** is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness.

### Fees

Centerfit Platinum: No fee

General Members: 4 classes for \$40

\$= Course Registration required, try it once for free!