

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

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
Spin 30
 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 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

9:30 am
Spin 30
 Spin Studio
Evan

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

Turkey Burner
Thursday,
November 24
9-11 am

FRIDAY

6:15 am
Spinning
 Spin Studio
Laurie

6:15 am
Group Fight
 KDS
Lauren/Mike

7:30 am
Spinning
 Spin Studio
Evan

7:15 am
Blast 30
 KDS
Rachael

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



MONDAY

6 pm
Group Fight
 KDS
 Mike

6 pm
Spinning
 Spin Studio
 Molly

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

Featured Class Group Blast on Friday 11/11 and Wednesday 11/16.

Please join us for an intro to Group Blast where we will walk you through the moves, names and options of basic movement. It is our goal to keep you moving for life. All are welcome. Bring a friend.

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!**

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 and SPIN 30 (30 min format) 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.

Fees

Centerfit Platinum: No fee

General Members: 4 classes for \$40

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