

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

10:45 am
Spinning
Spin Studio
Lauren

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



MONDAY

6:15 am
Group Blast
KDS
Rachael

7:15 am
Spin and Stretch
Spin Studio
Marsha

8 am
HIIT
Weight Room

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

8:30 am
HIIT
Weight Room

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
HIIT
Weight Room

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
HIIT
Weight Room

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

Memorial Day
Monday, May 30
Group Blast - 8:15 am
Spinning - 9:30 am

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

4 pm
Zumba
 KDS
 Wendy

5:15 pm
Group Power
 KDS
 Evan

6:15 pm
Group Centergy
 KDS
 Evan

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 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!