

**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*

**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**

**SATURDAY**

9 am  
**Group Power**  
*Jenny/Kris*

**SUNDAY**

9 am  
**Strength and Conditioning**  
*Janelle*

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

**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!

**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.

**Strength and Conditioning**

Using weights, kettlebells and body weight exercises, this class will help you gain muscle and movement strength.

**TRX**

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