

MONDAY

8 am
Group Power
Elaine

10 am
TRX*
Sylvia

5 pm
Core Conditioning
Soad

5 pm
Zumba Gold
Bonnie

TUESDAY

9 am
Group Active
Elaine

5:30 pm
Group Centergy
Laura

WEDNESDAY

8 am
Group Power
Elaine

10 am
Cardio HIIT
Soad

5 pm
Zumba Gold
Bonnie

5 pm
Core Conditioning
Soad
(no class on March 1)

THURSDAY

9 am
Group Active
Elaine
(no class on March 2)

10 am
TRX*
Sylvia

10 am
Group Centergy
Patti S.

5:30 pm
Group Power
Patti E.

FRIDAY

8 am
Group Power
Jenny/Kris

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

Core Conditioning

This low-impact class will help you strengthen your core muscles and improve your posture and movement using a variety of equipment and your own bodyweight.

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.

Cardio HIIT

Cardio Hiit is a high-intensity interval training (HiIT) workout that uses a step, dynamic bodyweight exercises and light weights to improve power and increase strength and cardio endurance..

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.