

SUNDAY

8:15 am
Group Power
KDS
Marsha/ Molly
Live and Virtual

9 am
On Your Mark HIIT
Weight Room
Moya

9:30 am
Group Fight
KDS
Lauren

9:30 am
Spinning
Spin Studio
Molly/Marsha

10:30 am
Yoga
KDS
Moya

MONDAY

6 am
Boot Camp
Kaufmann Gym, Bill

6:15 am
Group Blast
KDS, Rachael

6:15 am
Spinning
Spin Studio, Marsha

8 am
Group Centergy
KDS, Laurie
Live and Virtual

8 am
On Your Mark HIIT
Weight Room, Jordan

9 am
NEW! Pilates
Recovery Room, Annie

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

9:15 am
Spin 30
Spin Studio, Laurie

9:30 am
Boom, Muscle and Move
Levinson B, Holly

TUESDAY

6:15 am
Group Power
KDS
Laurie

7:30 am
Group Core
KDS
Evan

8 am
Group Power
KDS
Evan

8:30 am
On Your Mark HIIT
Weight Room
Bill

8:30 am
Pilates
Recovery Room
Annie

9 am
Group Power
KDS
Molly
Live and Virtual

9:30 am
Spinning
Spin Studio
Holly

WEDNESDAY

6 am
Boot Camp
Kaufmann Gym
Bill

6:15 am
Spin
Spin Studio
Marsha

6:15 am
Group Fight
KDS
Laurie

8 am
Group Centergy
KDS
Evan
Live and Virtual

8:30 am
Yoga Stretch
Recovery Room
Marsha

9 am
Group Blast
KDS
Laurie

9:15 am
Boom, Muscle and Move
Levinson B
Holly

9:15 am
Spin 30
Spin Studio
Annie

10 am
Active Recovery
Recovery Room
Annie

10:15 am
Group Active
KDS
Evan

THURSDAY

6:15 am
Group Power
KDS
Marsha

6:30 am
On Your Mark HIIT
Weight Room
Bill

7:30 am
Group Core
KDS
Laurie

8 am
Group Power
KDS
Laurie

8:30 am
NEW! Stretch and Roll
Recovery Room
Annie

9 am
Group Power
KDS
Molly
Live and Virtual

9 am
On Your Mark HIIT
Weight Room
Bill

9:30 am
Spinning
Spin Studio
Holly

10:45 am
Pilates
Recovery Room
Annie

FRIDAY

6:15 am
Spinning
Spin Studio
Laurie

6:15 am
Group Fight
KDS
Lauren/Mike

7:15 am
Blast 30
KDS
Rachael

7:30 am
Spinning
Spin Studio
Evan

8 am
Group Centergy
KDS
Holly
Live and Virtual

8:30 am
On Your Mark HIIT
Weight Room
Alida

8:45 am
Boom, Muscle and Move
Levinson B
Marsha

9:15 am
Group Active
KDS
Evan

9:15 am
Yoga
RDS
Pamela

SATURDAY

8:30 am
On Your Mark HIIT
Boxing Style
Weight Room
Christine

8:45 am
Group Blast
KDS
Evan

10 am
Group Centergy
KDS
Evan

11 am
Group Active
KDS
Evan

Room Key
KDS
Kaufmann Dance Studio

RDS
Robinson Dance Studio

Fees

Centerfit Platinum:
No fee

General Members:
4 classes for \$40

MONDAY

4 pm

On your Mark HIIT

KDS

Michael

5 pm

Zumba

KDS

Wendy

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 pm

On Your Mark HIIT

Weight Room

Jermaine

6:15 pm

Yoga

Levinson Hall

Taya

WEDNESDAY

5:00 pm

Yoga

Recovery Room

Laura

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

6:15 pm

Spinning

Spinning Studio

Lauren

Open Your Heart to Love, Love Your
Heart in Spinning!

EXTENDED SPINNING

Wednesday, February 14, 8:30 - 9:45 am

Spinning Studio



Active Recovery is a low-intensity class that focuses on reducing muscle tightness and knots, and myofascial release. Foam rollers, lacrosse balls, yoga straps, and static and dynamic stretching are used to help you recover faster and perform better.

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

Boot Camp is a structured, high intensity workout modeled after military style training. For the exerciser who needs additional motivation and a huge calorie burn.

Group Active is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances Movement Health™ for daily life, with a wide variety of innovative and athletic exercises using dumbbells, body weight and the step.

Group Blast is 60 minutes of cardio training that uses the step in a wide variety of ways to get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power and strength with exciting music and motivational coaching.

Group Centergy is an invigorating 60-minute full-body workout that 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 movement journey.

Group Core gives you a stronger core, from your shoulders to your hips, in 30 action-packed minutes. Motivating music will push you through a variety of innovative exercises that use your body weight, weight plates the step and a towel.

Group Fight is a gripping hour combining the hottest, adrenaline-fueled MMA (mixed martial arts) 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.

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 exercises using an adjustable barbell, weight plates body weight, the step, heart pounding music and expert coaching.

On Your Mark HIIT is 45 minutes of intense training with brief recovery periods. Lift, carry, push, pull, kneel, jump/step/climb over something, move from the ground to standing, row, bike and run to create a big calorie burn and improve overall fitness. Modifications for everyone, no matter your fitness level.

Pilates is a low-impact mat class focused on building strength, stability, and flexibility throughout the body with a focus on the core.

Stretch and Roll is a full-body class that targets specific muscles and tendons using a foam roller to increase flexibility, reduce tension and help you feel your best.

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

Spinning And Spin 30 (30 minute 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.