

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 am Group Power KDS Marsha/ Molly Live and Virtual	6 am Boot Camp Kaufmann Gym, Bill	6:15 am Group Power KDS Laurie	6 am Boot Camp Kaufmann Gym Bill	6:15 am Group Power KDS Marsha	6:15 am Spinning Spin Studio Laurie	8:45 am Group Blast KDS Evan
9 am On Your Mark HIIT Weight Room Moya	6:15 am Group Blast KDS, Rachael	7:30 am Group Core KDS Evan	6:15 am Spin Spin Studio Marsha	6:30 am On Your Mark HIIT Weight Room Bill	6:15 am Group Fight KDS Lauren/Mike	10 am Group Centergy KDS Evan
9:30 am Group Fight KDS Lauren	6:15 am Spinning Spin Studio, Marsha	8 am Group Power KDS Evan	6:15 am Group Fight KDS Laurie	7:30 am Group Core KDS Laurie	7:15 am Blast 30 KDS Rachael	11 am Group Active KDS Evan
9:30 am Spinning Spin Studio Molly/Marsha	8 am Group Centergy KDS, Laurie Live and Virtual	8:30 am On Your Mark HIIT Weight Room Bill	8 am Group Centergy KDS Evan Live and Virtual	8 am Group Power KDS Laurie	7:30 am Spinning Spin Studio Evan	
10:30 am Yoga KDS Moya	8 am On Your Mark HIIT Weight Room, Jordan	8:30 am Pilates Recovery Room Annie	8:30 am Yoga Stretch Recovery Room Marsha	8:30 am NEW! Stretch and Roll Recovery Room Annie	8 am Group Centergy KDS Holly Live and Virtual	
	9 am NEW! Pilates Recovery Room, Annie	9 am Group Power KDS Molly Live and Virtual	9 am Group Blast KDS Laurie	9 am Group Power KDS Molly Live and Virtual	8:30 am On Your Mark HIIT Weight Room Alida	
	9:15 am Group Active KDS, Molly Live and Virtual	9:30 am Spinning Spin Studio Holly	9:15 am Boom, Muscle and Move Levinson B Holly	9 am On Your Mark HIIT Weight Room Bill	8:45 am Boom, Muscle and Move Levinson B Marsha	
	9:15 am Spin 30 Spin Studio, Laurie		10 am Active Recovery Recovery Room Annie	9:30 am Spinning Spin Studio Holly	9:15 am Group Active KDS Evan	Room Key KDS Kaufmann Dance Studio
	9:30 am Boom, Muscle and Move Levinson B, Holly		10:15 am Group Active KDS Evan	10:45 am Pilates Recovery Room Annie	9:15 am Yoga RDS Pamela	RDS Robinson Dance Studio

Fees

Centerfit Platinum:
No fee

General Members:
4 classes for \$40

MONDAY**4 pm****On your Mark HIIT**

KDS
Alida

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

GROUP EX LAUNCHES!**Sunday, January 7:**

8:15 am • Group Power

9:30 am • Group Fight

Tuesday, January 16:

7:30 am • Group Core

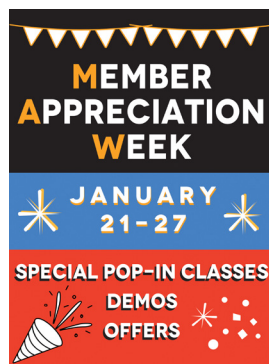
Wednesday, January 24:

8 am • Group Centergy

9 am • Group Blast

Monday, February 5:

9:15 am • Group Active



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.