

SUNDAY

8:15 am
Group Power
 KDS
 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

10:30 am
Yoga
 KDS
 Moya



MONDAY

6:15 am
On Your Mark HIIT
 Weight Room, 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, Christine

9 am
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 am
On Your Mark HIIT
 Weight Room
 Eric

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
 Annie

10:15 am
Active Recovery
 Recovery Room
 Alida

WEDNESDAY

6 am
Boot Camp
 Kaufmann Gym
 Bill

6:15 am
Spin
 Spin Studio
 Marsha

6:15 am
Group Fight
 KDS
 Laurie

7 am
On Your Mark HIIT
 KDS
 Weight Room, Alida

7:30 am
3D30
 KDS
 Mike

8 am
Group Centergy
 KDS
 Evan

8:15 am
Yoga Stretch
 Recovery Room
 Marsha

8:30 am
On Your Mark HIIT
 Weight Room
 Jermaine

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
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
 Annie

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
 Molly

7:30 am
Spinning
 Spin Studio
 Evan

8 am
Group Centergy
 KDS
 Laurie
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
 Molly

9:15 am
Yoga
 RDS
 Pamela

4:00 pm
On Your Mark HIIT
 Weight Room
 Nicole

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

TURKEY BURN
THURSDAY,
NOVEMBER 28
9-11 AM

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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

4:15 pm
3D30
 KDS
 Annie

5 pm
Group Power
 KDS
 Evan

6 pm
Group Centergy
 KDS
 Evan

6:15 pm
Yoga
 Levinson Hall
 Taya

5:30 pm
Group Core
 KDS
 Mike

6 pm
Group Fight
 KDS
 Mike

4:15 pm
Zumba
 KDS
 Wendy

5:00 pm
Yoga
 Recovery Room
 Rebecca

5:15 pm
Group Power
 KDS
 Evan

6:15 pm
Group Centergy
 KDS
 Evan

6:15 pm
Spinning
 Spinning Studio
 Lauren

Fees
Centerfit Platinum:
 No fee
General Members: 4
 classes for \$40

What is 3D30?



3D30 is a full-body, three dimensional, loaded movement training workout using the ViPR PRO. Enhance your coordination, agility and athletic performance in this efficient 30 minute HIIT workout.

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.