

**SUNDAY**

**8:15 am**  
**Group Power**  
 KDS  
 Molly  
 Live and Virtual

**8:15 am** **NEW!**  
**Spinning**  
 Spin Studio  
 Raelyn

**9 am**  
**On Your Mark HIIT**  
 Weight Room  
 Moya

**9:30 am**  
**Stretch and Roll**  
 Recovery Room  
 Alida

**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

**9 am**  
**Pilates**  
 Recovery Room, Annie

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

**9:15 am**  
**Spin 30**  
 Spin Studio, Laurie

**10:30 am** **NEW!**  
**Move 30**  
 KDS, Annie

**TUESDAY**

**6:15 am**  
**Group Power**  
 KDS  
 Laurie

**7 am**  
**On Your Mark HIIT**  
 Weight Room  
 Alex

**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  
 Alida

**10:30 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**  
**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 am**  
**On Your Mark HIIT**  
 Weight Room  
 Alida

**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  
 Alida

**10:45 am**  
**Pilates**  
 Recovery Room  
 Annie

**FRIDAY**

**6:15 am**  
**Spinning**  
 Spin Studio  
 Laurie

**6:30 am**  
**On Your Mark HIIT**  
 Weight Room  
 Jermaine

**7:15 am**  
**Blast 30**  
 KDS  
 Molly

**7:15 am**  
**Blast 30**  
 KDS  
 Molly

**7:30 am**  
**Spinning**  
 Spin Studio  
 Evan

**8 am**  
**Group Centergy**  
 KDS  
 Laurie  
 Live and Virtual

**8 am**  
**Yoga Stretch**  
 Recovery Room  
 Marsha

**8:30 am**  
**On Your Mark HIIT**  
 Weight Room  
 Alida

**9:15 am**  
**Group Active**  
 KDS  
 Molly

**9:15 am**  
**Yoga**  
 RDS  
 Pamela

**9:30 am**  
**On Your Mark HIIT**  
 Weight Room  
 Jermaine

**10:30 am** **NEW!**  
**Move 30**  
 KDS, Evan

**SATURDAY**

**8:30 am**  
**On Your Mark HIIT**  
 Weight Room  
 Jermaine

**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

**New Classes:  
 Spinning on Sundays  
 and Move 30 on Mondays  
 and Fridays!**



## SUNDAY

### Fees

**Centerfit Platinum:**

No fee

**General Members:**

4 classes for \$40

### NEW PROGRAM

**MOVE30®** will improve your Movement Health. In only 30 minutes, you will move with more ease, less restriction and increased confidence in everything you do in life or athletics. Expert coaching, motivating music and working at your own pace will help you succeed.

## MONDAY

**4 pm**

**On your Mark HIIT**

Weight Room

Michael

**5 pm**

**Zumba**

KDS

Wendy

**6 pm**

**Group Fight**

KDS

Mike

**6 pm**

**Spinning**

Spin Studio

Molly

## TUESDAY

**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

## WEDNESDAY

**5:30 pm**

**Group Core**

KDS

Mike

**6 pm**

**Group Fight**

KDS

Mike

**5:00 pm**

**Yoga**

Recovery Room

Rebecca

## THURSDAY

**4:15 pm**

**Zumba**

KDS

Wendy

**5:15 pm**

**Group Power**

KDS

Evan

**6:15 pm**

**Group Centergy**

KDS

Evan

**6:15 pm**

**Spinning**

Spinning Studio

Lauren

## FRIDAY

**4 pm**

**On Your Mark HIIT**

Weight Room

Nicole

### Group Exercise Launches

Classes are free for all members, see membership to register. **Kaufmann Dance Studio.**

Sunday, April 6	8:15 am	Group Power
-----------------	---------	-------------

Sunday, April 6	9:30 am	Group Fight
-----------------	---------	-------------

Tuesday, April 15	7:30 am	Group Core
-------------------	---------	------------

Wednesday, April 23	7:30 am	3D30
---------------------	---------	------

Saturday, April 26	8:45 am	Group Blast
--------------------	---------	-------------

Saturday, April 26	10 am	Group Centergy
--------------------	-------	----------------

Friday, May 2	10:30 am	Move30 <b>NEW PROGRAM</b>
---------------	----------	------------------------------

Friday, May 9	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.

**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.

**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.