

Class Schedule June

Monday to Thursday / 5 am – 8 pm
Friday / 5 am – 7 pm
Saturday and Sunday / 7 am – 3 pm

Class descriptions on back.

MONDAY

6 – 6:45 am
**Upper Body Strength
and Conditioning**
Clayton / Gym Floor

12:15 – 12:45 pm
Power Yoga
Linda / Studio

5 – 6 pm
Group Circuit
Nikki / Gym Floor

5:30 – 6:15 pm
CIZE Cardio
Lauren / Studio

TUESDAY

6:15 – 7 am
PiYo
Melissa / Studio

Noon – 12:30 pm
PiYo
Charmayne / Studio

NEW INSTRUCTOR
5 – 5:30 pm
Beginner's Strength
Madison / Gym Floor

5:30 – 6:15 pm
Zumba
Erica / Studio

WEDNESDAY

6 – 6:45 am *NEW TIME*
Pilates
Missy / Studio

6 – 6:45 am
**Lower Body Strength
and Conditioning**
Clayton / Gym Floor

Noon – 12:30 pm
Beginner's Strength
Adam / Gym Floor

12:15 – 12:45 pm
Restorative Yoga
Linda / Studio

4:30 – 5 pm
Total Body Burn
Charmayne / Studio

5 – 5:30 pm
Trainer's Choice
Nikki / Gym Floor

5:30 – 6:15 pm
CIZE Cardio
Lauren / Studio

THURSDAY

6:15 – 7 am
PiYo
Melissa / Studio

Noon – 12:30 pm
Total Body Burn
Melissa / Studio

5 – 5:30 pm
Weight Training
Adam / Gym Floor

5:30 – 6:15 pm
Zumba
Erica / Studio

FRIDAY

6 – 6:45 am
HIIT
Luke / Gym Floor

Noon – 12:30 pm
Cardio Core
Clayton / Gym Floor

3:30 – 4 pm
Group Circuit
Adam / Gym Floor

CANCELLATIONS

- **ZUMBA** – cancelled after June 14
- **CIZE** – cancelled June 18

L = Low Intensity **M** = Moderate Intensity **H** = High Intensity

Beginner's Strength L/M

A 30-minute class aimed at beginners. It will include a series of low to moderate intensity training exercises to help you increase strength gradually. This will be a great addition to your cardio workouts.

Cardio Core L/M/H

A 30-minute class designed to strengthen the core and condition the body by using intermittent cardio-strength and endurance moves mixed with traditional core exercise.

CIZE Live M

A cardio, hip-hop dance fitness program that breaks down each move to create success and confidence, along with getting a killer workout.

CIZE Cardio M

A version of CIZE Live giving you a new way to CIZE IT UP! More cardio, less intricacy, and an easy-to-learn format.

Group Circuits L/M/H

A trainers choice of various exercises for a full body workout. This is an on-going hour-long class that you may come and go as you please. Stay for 10 or 20 minutes or more. Exercises can be tailored to meet any exercise restrictions.

HIIT M/H

A 30-minute class of "high intensity interval training". This class is designed to be a total body, aerobic, and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to burn fat and improve your endurance. Modifications for all fitness levels are

provided. Foam rolling and stretching techniques will be incorporated.

Lower Body Strength & Conditioning M/H

This class is designed to improve overall strength and conditioning of the lower body. You will be using a wide variety of equipment, as well as your own body weight to target your legs and glutes. Foam rolling and stretching techniques will be incorporated.

Pilates L/M/H

This classic Pilates class emphasizes precise body alignment, mental focus and breath work for a refreshing mind/body workout resulting in improved posture, flexibility and strength. All levels welcome.

PiYo M

A 30 to 45-minute class combining the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every muscle, big and small. No jumps and no weights, just results.

Power Yoga M

A 30-minute class that is open to all, but prior yoga experience is recommended. This is a faster pace Vinyasa class which is a "flow" style yoga that is energizing and rejuvenating.

Restorative Yoga L/M

A 30-minute class consisting of restorative poses. These "active rest" practices promote the release of stored toxins, physical stress, and mental tension. This class is for everyone, no yoga experience necessary.

Total Body Burn M/H

With this high-energy class, you can condition and strengthen some of the biggest muscle groups.

Trainer's Choice M/H

This is a surprise class which will be decided upon by the trainer. This is sure to be a good time!

Upper Body Strength & Conditioning M/H

This class is designed to improve overall strength and conditioning of the upper body. You will be using a wide variety of equipment, as well as your own body weight to target your chest, back, shoulders, and arms. Foam rolling and stretching techniques will be incorporated.

Weight Training L/M

This non-aerobic class helps shape and strengthen muscles while building your body to burn more calories during cardio workouts.

Zumba L/M/H

A 45 to 60-minute class that combines low intensity and high intensity moves for an interval-style, calorie burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, and boosted energy.