



Group Fitness / ROTC Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
	Spin Cycling 5:30am		Spin Cycling 5:30am <i>(Returns in September)</i>		
					Spin Cycling 8:15am <i>Returns in September!</i>
Body Conditioning 9:30am	Basic/Intermediate Yoga 9:30am	Cardio Pump 9:30am	Basic/Intermediate Yoga 9:30am	Cardio Pump 9:30am	Intermediate Yoga 9:30am
Spin Cycling 9:30am		Spin/Strength 9:30am <i>(Sign-up at Front Desk)</i>			Basic Yoga 10:45am <i>Returns in September!</i>
	Abs w/Nedra 10:35am (30 Minutes)		ZUMBA! 10:35am <i>Returns in September!</i>	Boot Camp 10:45am (ROTC fee- Sign up)	
Evening Classes					
Spin Cycling 5:30pm	Basic/Intermediate Yoga 5:30pm	Kettlebells 101 5:30pm (ROTC fee- Sign up)	Spin Cycling 5:30pm		
Power Yoga 6:30pm	Boot Camp 6:30pm (ROTC fee- Sign up)	Basic Yoga 6:30pm			
			Tribal Belly Dance/African Dance! 7:30-8:45pm <i>Returns in September!</i>		

Group Fitness Class Descriptions (included w/membership)

Body Conditioning

Body Conditioning is a full body workout, each class has a 20 to 30 minute, no impact, easy to follow cardio segment. It is followed by resistant strength training for upper and lower body. Each class will focus on specific body parts to get maximum results. The class is suitable for all levels. Workouts vary depending on the weights you choose. Class will also include abdominal exercises finishing with a full body stretch. You can count on this class reducing body fat and inches as well as toning and sculpting the muscles.

Cardio Pump

This class is effective for toning and calorie burning because your heart rate will stay consistently high. It is a combination of resistance training and cardio done in a circuit environment. The class is not only fun but it is very effective. Be on time and bring your energy!!

Spin Cycling

Bring your water bottle and a towel and join the hottest trend in group fitness! Make this awesome cardio workout part of your routine. A dynamic mix of pace and resistance will keep you coming back for more! No cycling experience is necessary.

Yoga – Basic, Intermediate and Power Classes

Erin and Travis practice Yoga using a flow based approach that blends elements of yoga, dance and martial arts. Using a fluid sequence of movements, you promote strength through a greater range of motion with better balance, stamina and breathe control. This format is an excellent cross-trainer for any kind of sport and it stands on its own as a comprehensive conditioning system. Each class is a progressive series so it is beneficial to be on time. **Basic Yoga** is for beginners.

Spin/Strength

Get in a cardio and strength workout and improve your cycling endurance! We focus on doing upper body strength movements while spinning. This keeps your heart rate elevated so you can exercise your heart, burn fat and improve muscular definition simultaneously.

Zumba Dance Parties

Dance to Latin-style music and rhythms and burn calories like never before. Have fun and get in shape! Please sign up at the Front Desk!

Results Oriented Training Courses (ROTC): **Fee Applies**

Individual Drop In - \$10 or 10 Session Punchcards - \$50 or (\$5 per session)

Boot Camp

Both men and women are invited to attend Boot Camp. This event is not for "beginners" as we are committed to pushing the group to build endurance. It will be intense, but still a lot of fun, with a constantly changing series of exercises. You will be challenged in many ways.

Kettlebell Training

Learn how to exercise in a way to prepare you for the winter sports season. Balance and flexibility drills, cardio, plyometrics and more. Get ready for the ski season so it doesn't do you in with an annoying injury.

Tribal Belly Dance/African Dance

This class would be cool even without the **LIVE DRUMMING** going on! You can't help but move to the rhythm while performing time-tested dance routines. Please sign up at the Front Desk!

Body Attack!

This is high-energy, small group conditioning that will utilize the cycling room, treadmills and weight room to attack all the major muscle groups. It will leave you feeling energized and empowered!

Space limited to 8. Please sign up at the front desk.

Body Attack is not recommended for those individuals who are just starting a fitness routine.