

# GROUP EXERCISE SCHEDULE

EFFECTIVE: April 1, 2024

Monday			Tuesday			Wednesday		
Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor
5:15 - 6:00	RazorFit*	Steven	5:15 - 6:00	RazorFit*	Michael	5:15 - 6:00	RazorFit*	Michael
5:30 - 6:15	AMPED - Gym	Susan	5:30 - 6:15	Sculpt - Gym	Dani	5:30 - 6:00	Burn30 - Gym	Dani
6:15 - 7:00	Yoga (Vinyasa Flow)	JT	5:45 - 6:30	Group Cycling - CS	Ian	6:15 - 6:45	Burn30 - Gym	Dani
6:15 - 6:45	Burn30 - Gym	Dani	8:00 - 8:35	Stretch	Victoria	6:15 - 7:00	Yoga (Vinyasa Flow)	JT
8:00 - 8:45	Sculpt	Lisa	8:30 - 9:15	Pilates Reformer - RS*	Teresa	8:00 - 8:45	Sculpt	Hannah
8:30 - 9:15	RazorFit*	Tim B	8:30 - 9:15	RazorFit*	Jessica M.	8:30 - 9:15	Razorfit*	Tim B.
8:30 - 9:30	HIIT It - Gym	Carla	8:30 - 9:30	CardioMix - Gym	Lisa/Charla	9:00 - 9:45	Pilates Reformer - RS*	Danielle
9:00 - 9:45	AMPED	Whitney	8:30 - 9:30	Yoga (Vinyasa/Inside Flow) - BSt	Heather	9:00 - 9:45	AMPED	Whitney
9:00 - 9:45	Pilates Reformer - RS*	Danielle	8:45 - 9:30	Pilates	Victoria	9:00 - 10:00	AquaFit	Hannah
9:00 - 9:50	Group Cycling - CS	Cary	9:00 - 10:00	AquaFit	Mariah	9:45 - 10:45	Hip Hop Cardio - Gym	Beverly
9:00 - 10:00	AquaFit	Linda	9:30 - 10:15	Pilates Reformer - RS*	Teresa	10:00 - 10:30	Burn30* - Box	Lauren
9:45 - 10:45	Hip Hop Cardio - Gym	Beverly	9:45 - 10:15	Foundation Training - BSt	Lisa	10:00 - 10:45	Pilates	Danielle
10:00 - 10:30	Burn30* - Box	Suzanne	10:00 - 10:30	Burn30* - Box	Suzanne	10:00 - 11:00	Yoga (Vinyasa Flow) - BSt	Tanisha
10:00 - 10:45	Pilates	Danielle	10:30 - 11:15	Barre Blast - BSt	Lauren	11:00 - 11:30	Legends - Box	JD
11:00 - 11:30	Legends - Box	JD	10:30 - 11:30	Yoga (Vinyasa Flow) - BSt	Tanisha	11:00 - 11:45	Pilates Reformer - RS*	Danielle
11:00 - 11:45	Pilates Reformer - RS*	Danielle	10:45 - 11:30	Pilates Reformer - RS*	Danielle	11:00 - 11:45	Yoga Stretch	Beverly
11:00 - 11:45	Yoga Stretch	Beverly	11:45 - 12:30	Pilates Reformer - RS*	Danielle	11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA
11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA	11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA			
Time (p.m.)	Class	Instructor	Time (p.m.)	Class	Instructor	Time (p.m.)	Class	Instructor
12:00 - 12:45	Group Cycling - CS	Martha	1:00 - 2:00	Yoga (Yin)	Sabra	12:00 - 12:45	Group Cycling - CS	Carla
12:00 - 12:45	Pilates Reformer - RS*	Danielle	4:30 - 5:15	AMPED	Hannah	12:00 - 12:45	Pilates Reformer - RS*	Danielle
12:00 - 1:00	Tai Chi	Jerry	4:45 - 5:30	Rhythm Ryde* - CS	Lindsay	12:00 - 1:00	Tai Chi	Ileina
12:00 - 1:00	Yoga (Vinyasa Flow) - BSt	Kelly	5:00 - 5:45	RazorFit*	Jessica M./TBA	1:10 - 2:00	Senior Weights	Jeff
1:10 - 2:00	Senior Weights	Jeff	5:30 - 6:15	Barre - BSt	Sarah	4:30 - 5:15	Rhythm Ryde - CS	Jennifer
4:30 - 5:15	Rhythm Ryde - CS	Jennifer	5:30 - 6:15	Pilates Reformer - RS*	Emma	4:30 - 5:15	Hip Hop Cardio	Marion
4:30 - 5:15	Hip Hop Cardio	Marion	6:00 - 7:00	Charlie Mike HIIT - Gym	Carlos/Madison	5:00 - 5:45	RazorFit*	Tim B.
5:00 - 5:45	RazorFit*	Sarper	6:30 - 7:15	Pilates Reformer - RS*	Emma	5:30 - 6:15	Yoga (Vinyasa/Inside Flow)	Heather
5:30 - 6:15	Yoga (Vinyasa Flow) - BSt	Sherri	6:30 - 7:30	Yoga (Yin) - BSt	Monique	5:30 - 6:15	Group Cycling - CS	Krissa
5:30 - 6:15	Group Cycling - CS	Krissa				5:30 - 6:15	Barre - BSt	Sarah
5:30 - 6:15	Sculpt	Madison				6:00 - 6:45	RazorFit*	Tim B.
6:00 - 6:45	RazorFit*	Sarper				6:30 - 7:30	Hip Hop Cardio	TBA
6:30 - 7:30	Hip Hop Cardio	Joshua						

BSt - Barre Studio, Box - The Box, RS - Reformer Studio, CS - Cycling Studio, TC4-6 - Tennis Courts 4 - 6  
 All Razorfit classes are held in The Box.  
 Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of six participants to remain on schedule.



\*Registration on the App required.

# GROUP EXERCISE SCHEDULE

EFFECTIVE: April 1, 2024

Thursday			Friday			Saturday		
Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor
5:15 - 6:00	RazorFit*	Jovanni	5:15 - 6:00	RazorFit*	Nick	8:00 - 8:45	RazorFit*	Steven/Jovanni
5:30 - 6:15	Sculpt - Gym	Mollie	5:30 - 6:00	Burn30 - Gym	Dani	8:30 - 9:15	Pilates Reformer - RS*	Emma
5:45 - 6:30	Group Cycling - CS	Jess	6:15 - 7:15	Yoga Power	Chimeg	9:00 - 10:00	AquaFit	Anna
7:30 - 8:15	Pilates Reformer - RS*	Teresa	6:15 - 6:45	Burn30 - Gym	Dani	9:00 - 10:00	Charlie Mike HIIT - Gym	Carlos
8:00 - 8:30	Stretch	Victoria	8:00 - 8:45	Sculpt	Aimee	9:30 - 10:15	Pilates Reformer - RS*	Emma
8:30 - 9:15	Pilates Reformer - RS*	Teresa	8:30 - 9:15	RazorFit*	Jessica M.	10:15 - 11:15	Yoga Power	Chimeg
8:30 - 9:15	RazorFit*	Parker	8:30 - 9:30	HIIT It - Gym	Carla	10:30 - 11:15	Pilates Reformer - RS*	Emma
8:30 - 9:30	CardioMix - Gym	Lisa	9:00 - 9:45	AMPED	Aimee	<b>Time (p.m.)</b>		
8:30 - 9:30	Yoga (Vinyasa/Inside Flow) - BSt	Heather	9:00 - 9:45	Pilates Reformer - RS*	Danielle	4:00 - 5:15	Yoga Hot	Heather
8:45 - 9:30	Pilates	Victoria	9:00 - 9:45	Pilates Reformer - RS*	Danielle			
9:00 - 9:45	Group Cycling - CS	Cary	9:00 - 10:00	AquaFit	Mariah			
9:00 - 10:00	AquaFit	Anna	9:45 - 10:45	Hip Hop Cardio - Gym	Beverly			
9:30 - 10:15	Pilates Reformer - RS*	Danielle	10:00 - 10:30	Burn30* - Box	Lauren			
9:45 - 10:15	Foundation Training - BSt	Victoria	10:00 - 10:45	Pilates	Matthew			
10:00 - 10:30	Burn30* - Box	Suzanne	10:00 - 10:45	Pilates Reformer - RS*	Danielle			
10:30 - 11:15	Barre Blast - BSt	Lauren	11:00 - 11:45	Pilates Reformer - RS*	Danielle			
10:30 - 11:30	Yoga (Vinyasa Flow)	JT	11:00 - 11:45	Yoga Stretch	Beverly			
10:45 - 11:30	Pilates Reformer - RS*	Danielle	11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA			
11:45 - 12:30	Pilates Reformer - RS*	Danielle	<b>Time (p.m.)</b>					
11:45 - 12:45	Orange Ball Mayhem - TC4-6	TBA	12:00 - 12:45	Pilates Reformer - RS*	Danielle			
<b>Time (p.m.)</b>			12:00 - 12:50	Group Cycling - CS	Krissa			
1:00 - 2:00	Yoga (Yin)	Sabra	12:00 - 12:45	Sculpt	Holly			
4:30 - 5:15	AMPED	Tracie	4:30 - 5:00	Kids Strength and Conditioning* - Box	Nick			
4:45 - 5:30	Rhythm Ryde - CS	Lindsay	4:30 - 5:15	Step	Trish			
5:00 - 5:45	RazorFit*	Jovanni	5:30 - 6:30	Hip Hop Cardio	Joshua			
6:00 - 7:00	Charlie Mike HIIT - Box	Jovanni						
6:00 - 7:00	Yoga (Vinyasa Flow)	Jessica H.						

## Sunday

Time (a.m.)	Class	Instructor
8:30 - 9:15	Rhythm Ryde - CS	Lindsay
<b>Time (p.m.)</b>		
1:00 - 2:00	Hip Hop Cardio	Sandy
2:15 - 3:15	Yoga Stretch	Beverly
3:30 - 4:15	AMPED	Madison
4:00 - 5:00	Yoga (Vinyasa Flow) - BSt	Jessica

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# GROUP EXERCISE CLASSES

## **AMPED**

A 45 minute full body workout where cardio conditioning is incorporated with weight training. AMPED will improve muscle tone and definition while burning calories in a diverse way. This challenging class is welcome to all fitness levels as most movements can be modified to your own pace and needs. Set to a great musical playlist that is sure to get you AMPED!

## **AquaFit**

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

## **Barre**

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls, and light dumbbells to perform small isometric movements that create long, lean muscles.

## **Barre Blast**

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls and light dumbbells to perform small isometric movements that create long, lean muscles. In Barre Blast, we intersperse traditional Barre moves with bursts of high intensity aerobic activity.

## **Burn30**

This high intensity, circuit-based class is designed to optimize your workout time. The full body workouts stack simple yet effective movements at a rapid-fire pace to burn fat and build muscle. While each class places emphasis on either upper body, lower body or core, they all will test your cardio and strength.

## **CardioMix**

A blend of aerobic activity and interval training designed to get you in great shape and burn calories.

## **Charlie Mike HIIT**

In the military, "Charlie Mike" means "continue mission," i.e. keep pressing forward. In this class participants try to hold an anaerobic state for a long cumulative time using short bursts of high intensity exercise, elements of RazorFit and strength training. Come join us as we try, believe and conquer!

## **Foundation Training**

Foundation Training's easy to learn exercises, strengthen the back, improve posture and mobility. Improved movement patterns are a direct benefit of practicing foundation training.

## **Group Cycling**

A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level..

## **HIIT It**

If you're all about variety, then this strength and conditioning class is for you. You'll use treadmills, rowers, TRX straps, air bikes, battle ropes and an assortment of free weights under the guidance of an experienced coach who will be happy to offer modifications as needed.

## **Hip Hop Cardio**

It's hip, it's hot, it's the latest dance grooves set to the hottest music, Latin or otherwise. This high-energy dance workout will burn the calories while you shake up your workout (and your "groove thing").

## **Kids Strength and Conditioning**

Functional training for ages 9 - 15. Improve movement, general strength, coordination, balance and cardiovascular health.

## **Legends**

Legends is Razorfit tailored for people 50+ years old.

## **Orange Ball Mayhem**

Ready for a heart pumping, high intensity class that burns huge calories while playing games? Then welcome to Orange Ball Mayhem!

What to expect? We'll turn on some tunes and whack a bunch of balls all the while having a great time and improving our cardio endurance.

Minimal tennis experience? No big deal! The ball we will use is way softer, slower and much easier to hit than a traditional tennis ball. Players of all levels can play together and everyone has fun.

## **Pilates**

Pilates (puh LAH teez) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves.

## **Pilates Reformer**

Perfect for purists, this class makes use of the Reformer and honors Joe Pilates' method. The reformer offers not just a fun full-body workout but also an education in the discipline of good posture and a solid core. Immerse yourself in the method and leave the class feeling balanced, lighter and lengthened. This class delivers focused, fast results for optimal strength and tone to help you achieve total fitness.

### **Reminders:**

- "Grippy" socks are required and are available for purchase in the Pro Shop
- While the classes are FREE, cancellations made within 6 hours of the start of class will be charged a \$10 fee as will no shows.
- You should arrive at least 5 minutes before the start of class in order to be confirmed as being in attendance by the instructor. (This ensures the system will not charge you a no show fee.)

## **Razorfit**

A Razorfit WOD ("workout of the day") consists of functional fitness exercises, done quickly, for a set period of time, in a set format and for a score. All workouts are scalable and all fitness levels are welcome.

# GROUP EXERCISE CLASSES

## **Rhythm RYDE**

*In this class we whoop it up and work it out on the bike. You (and your abs) will be fully engaged on this mixed interval ride. With life size dance videos playing for motivation, you'll shred calories while the time flies by.*

## **Sculpt**

*Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.*

## **Senior Weights**

*This class is designed for people with arthritis, fibromyalgia, back pain, and those who have undergone joint replacements. Join us for light conversation and work to increase range of motion, strength, balance, coordination, and flexibility.*

## **Step**

*A cardiovascular workout using the step. Sequences are introduced and developed as the class progresses.*

## **Stretch**

*Increase your flexibility and relax in this class.*

## **Tai Chi**

*Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person's physical condition.*

## **Yoga - Hot**

*Hot Yoga is done in 90+ degree heated and humidified room. A vigorous yoga session at this temperature promotes profuse sweating and makes the body very warm and therefore more flexible.*

## **Yoga - Power**

*Intermediate to Advanced practice, but All Levels are welcome. Power Yoga moves more quickly between poses with a focus on building strength, and incorporates a more advanced flow with powerful holds, twists, balance and movement. Having some practiced yoga experience is recommended.*

## **Yoga Stretch**

*This class is a traditional Hatha yoga class with an emphasis on stretching. The practice is held in a calming environment to improve your flexibility, strength and balance.*

## **Yoga - Vinyasa/Inside Flow**

*Inside Flow Yoga, which is based on Vinyasa Flow, is a choreography of Asanas practiced to the rhythm of a song. We move with the breath to the beat of the music, expanding and opening on every inhale and contracting with transitions every exhale. This Yoga practice constantly moves gracefully and is all levels friendly.*

## **Yoga - Vinyasa Flow**

*Appropriate for students of all levels, this class is a mix of the Hatha and Vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.*

## **Yoga - Yin**

*This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and spine improving stability in the low back and knees. Postures take place on the floor and are held for longer periods of time. Yin yoga restores energy, calms the nervous system and helps in injury prevention and joint health.*