



CLASS SCHEDULE

**April
2024**

STRENGTH TRACK

- 4x - Strength
- 1x - Pilates
- 1x - Recovery

WT LOSS TRACK

- 3x - Strength & Cardio
- 2x - Pilates
- 1x - Recovery

WELLNESS TRACK

- 2x - Strength & Cardio
- 2x - Pilates
- 2x - Recovery

OPEN GYM HOURS

**MON-FRI: 10-12 & 1-5:30
SAT: 8-2PM**

Monday (Strength & Cardio)	Tuesday (Strength & Pilates)	Wednesday (Recovery & Yoga)	Thursday (Strength & Cardio)	Friday (Strength & Pilates)	Saturday (Recovery)	Sunday (Closed)
6:15 – 7:05a Main Gym Strength & Cardio <i>Sebi</i>	6:15 – 7:05a Main Gym Strength & Power <i>Sebi</i>		6:15 – 7:05a Main Gym Strength & Cardio <i>Sebi</i>	6:15 – 7:05a Main Gym Strength & Power <i>Sebi</i>		
	8:05 – 8:55a Main Gym Strength & Power <i>Sebi</i>	8:05 – 8:55a Main Gym Strength & Cardio <i>Grant W.</i>		8:05 – 8:55a Main Gym Strength & Power <i>Grant W.</i>		
*8:05 – 8:55a Main Gym: Bootcamp Strength & Cardio <i>Sebi</i>	*8:05 – 8:55a Pilates Gym: Bootcamp Strength & Core <i>Alexa</i>	*8:05 – 8:55a Yoga Studio: Bootcamp Breathwork: Calming <i>Erin</i>	*8:05 – 8:55a Main Gym: Bootcamp Strength & Power <i>Sebi</i>	*8:05 – 8:55a Pilates Gym: Bootcamp Strength & Cardio <i>Alexa</i>	*8:05 – 8:55a Pilates Gym: Bootcamp Release & Restore <i>Alexa</i>	
*9:15 – 10:05a Main Gym: Bootcamp Strength & Cardio <i>Sebi</i>	*9:15 – 10:05a Pilates Gym: Bootcamp Strength & Core <i>Alexa</i>	*9:15 – 10:05a Yoga Studio: Bootcamp Breathwork: Calming <i>Erin</i>	*9:15 – 10:05a Main Gym: Bootcamp Strength & Power <i>Sebi</i>	*9:15 – 10:05a Pilates Gym: Bootcamp Barre: Strength & Core <i>Erica</i>	*9:15 – 10:05a Pilates Gym: Bootcamp Release & Restore <i>Alexa</i>	
	9:15 – 10:05a Yoga Studio Barre: Strength & Core <i>Erica</i>	9:15 – 10:05a Pilates Studio Strength & Core <i>Alexa</i>	9:15 – 10:05a Pilates Studio Strength & Cardio <i>Alexa</i>	9:15 – 10:05a Pilates Studio Strength & Core <i>Alexa</i>		
	9:15 – 10:05a Main Gym Strength & Power <i>Sebi</i>			9:15 – 10:05a Main Gym Strength & Power <i>Sebi</i>		
		11:00 – 11:50a Yoga Studio Yoga: Gentle Flow <i>PJ</i>		11:00 – 11:50a Main Gym Strength Fundamental <i>Sebi</i>		
12:00 – 12:50p Main Gym Strength & Cardio <i>Sebi</i>	12:00 – 12:50p Main Gym Strength & Power <i>Sebi</i>	12:00 – 12:50p Yoga Studio Yoga: Gentle Flow <i>PJ</i>	12:00 – 12:50p Main Gym Strength & Cardio <i>Sebi</i>	12:00 – 12:50p Main Gym Strength & Power <i>Clayton</i>	12:00 – 12:50p Main Gym Strength & Cardio <i>Grant W.</i>	
	12:00 – 12:50p Pilates Studio Strength & Cardio <i>Alexa</i>	12:00 – 12:50p Pilates Studio Strength & Core <i>Alexa</i>	12:00 – 12:50p Pilates Studio Strength & Cardio <i>Alexa</i>	12:00 – 12:50p Pilates Studio Strength & Core <i>Alexa</i>	12:00 – 12:50p Pilates Studio Strength & Cardio <i>Alexa</i>	
		4:30 – 5:20a Yoga Studio Yoga: Gentle Flow <i>Malachi</i>				
		5:30 – 6:20a Yoga Studio Yoga: Gentle Flow <i>Malachi</i>				
5:30 – 6:20p Main Gym Strength & Cardio <i>Grant J.</i>	5:30 – 6:20p Main Gym Strength & Power <i>Grant J.</i>	5:30 – 6:20p Pilates Studio Strength & Core <i>Alexa</i>	5:30 – 6:20p Main Gym Strength & Cardio <i>Grant J.</i>	5:30 – 6:20p Main Gym Strength & Power <i>Grant J.</i>		

Functional: Strength & Cardio

High intensity classes with an intentional blend of total body strength and cardio movements designed to increase lean muscle mass, heart rate and caloric expenditure. Functional strength and increased cardiovascular output over injury risk is our goal here. Expect to see deadballs, heavy ropes, sled pushes, kettlebells, dumbbells and cardio machines in this class. This class is great for intermediate/advanced fitness levels and has a high degree of intensity and jumping/joint impact.

Functional: Strength & Power

Movement based strength & power class with the focus of improving usable joint mobility, stability and movement patterns through the strengthening of movement demands and patterns. The goal is to improve performance in life and sport through increasing overall strength and total body power. You'll use bands, dumbbells, barbells, kettlebells, TRX and weighted sleds in this class. This class is great for all fitness levels.

Functional: Strength - Fundamentals

Fundamentals of Strength Training and Movement is a one-day class meticulously crafted to prioritize proper technique and precise movement patterns, mitigating the risk of injury. Through hands-on instruction and targeted exercises, participants will master fundamental movements essential for safe and effective strength training. Ideal for beginners and seasoned athletes alike, this class is your gateway to injury-free, optimized performance.

Pilates: Release & Restore

In this unique class you will experience the benefits to reduce muscle soreness and regenerate the body. The use of foam rolling and self-myofascial release and with reformer movements used for lengthening and stretching. Restore repairs muscles and joints with a combination of movements and functionally programmed Trigger Point and Yoga Tune Up balls for myofascial release therapy. Designed and programmed to reduce muscle soreness, increase performance, regenerate the body and ultimately reduce the risk of injury.

Pilates: Strength & Core

"Pilates: Strength and Core" is a transformative reformer class focused on enhancing your core stability and overall strength. Guided by expert instructor, Alexa, you'll experience a series of fluid movements and precise exercises designed to target specific muscle groups. Utilizing the resistance of the reformer machine, you'll engage your core, improve posture, and build long, lean muscles. Perfect for all fitness levels, this class offers a dynamic and effective workout that will leave you feeling stronger, more balanced, and revitalized. Join us to sculpt your body and unleash your full potential.

Pilates: Cardio

Pilates + Cardio
Get moving in this fast paced, fun, high energy jump board class. Incorporating all of the Pilates principles plus cardio, weights and low impact movements. The Jumpboard facilitates aerobic movement with endless class variations that will take your practice to the next level. Let's raise your heart rate and increase your calorie burn! Jumping on the Reformer has been proven to increase bone density!

Barre

Barre: Strength and Core is a dynamic fitness class designed to sculpt and strengthen your body from head to toe. Combining elements of ballet, Pilates, and traditional strength training, this energizing workout targets your muscles with precise movements and controlled isometric holds.

Through a series of challenging exercises performed at the ballet barre and on the mat, you'll engage your core, improve your posture, and build long, lean muscles. Whether you're a beginner or a seasoned fitness enthusiast, join us for a class that will leave you feeling empowered, toned, and ready to conquer any challenge.

Breathwork: Calming

The breath is the common language between the mind and body - it's one of the only features of the autonomic nervous system that we can take under our conscious control. Purposefully and intentionally altering our breath can increase recovery and performance, improve how we respond to everyday stressors, reduce pain and inflammation, and change our state of mind. This class is an amazing recovery tool and is great for any participant.

Yoga: Gentle Flow

This yoga class will link movement and breath to attain balance in the mind and body by sequencing poses in a continuous flow creating long, lean and healthy muscle adaptation. This class is great for all fitness levels. Bringing your own mat is suggested but we have extra mats if you forget yours.