

Group Fitness Summer Schedule June 25, 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | | | | |
|------------------|---|--|-----------|----------------------------------|--------|-----------------|---|--------------------------------------|--------------------------------------|
| 6:45am | Holiday class cancelations July 2 , Aug 6 and Sept 3 Club is open regular hours for personal workouts. | | | | | | | | |
| 10:30am | | | | | | | | | |
| 11:00am | | | | | | | | | |
| 12:05pm | | | | | | TBS 45 Sonja | Barre 45 Sabrina | Pedal & Pump 45 Angela | Yoga - Renew & Restore 45 Darlene |
| 1:05pm 1:45pm | | | | | | | Short Circuit - Tammy/Greg Recharge 10 | Yoga - Strong & Stable 45 Darlene | TBS 45 Sabrina/Tammy |
| 2:00pm | | Watch for our Weekly Surprise "POP UP" classes on Facebook, Mindbody and posted in the club. | | Recharge 10 | | | | | |
| 4:45pm | Power Ride 40 - Darrah | | | | | | | | |
| 5:30pm | Yoga - Renew & Restore 40 Darrah | | | Power Ride 60 (5:15pm) Angela | | | | | |

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| Recharge 10 | Take a 10 minute break to clear your mind and join our guided meditation to relieve stress, improve clarity and productivity in your work day. |
| Short Circuit | An efficient and effective circuit completed in a fraction of the time that provides maximum benefits. |
| TBS 45 | Full body interval workout including body weight, dumbbell, ball, and body bar exercises to improve strength and cardio. |
| Barre 45 | Improve muscle strength, flexibility, and posture as you learn the basic movements of this popular fitness class inspired by yoga, Pilates, and ballet. All levels welcome. |
| Yoga - Strong & Stable 45 | Increase stamina, strength and flexibility while synchronizing breath/body movement with dynamic yoga poses |
| Yoga - Renew & Restore 45 (40) | Through mindful awareness improve your flexibility and joint mobility by holding yoga poses longer to release muscle tension and restore your mind and body |
| Power Ride 60 / Ride 40 | Fun challenging drills on the Stages bikes with motivating music to burn maximum calories! Note: if more than 8 participants class turns into Pedal & Pump |
| Pedal & Pump 45 | Cardio intervals on the bike complimented with strength training for a full body workout that will leave you feeling energized for the day! |

All Drop In classes in yellow are included in membership

Studio booked for Specialty Programs