



Summer 2017 GROUP FITNESS SCHEDULE

KEY

- G Group Exercise Studio
- C Cycling Studio
- F Fitness Studio
- D Dance Studio
- P Corbett Pool

INFO

Class Schedule is Subject to Change

Schedule effective May 22nd--August 18th

NO CLASSES: July 3rd-4th

No Formal Coached Lap Swim or Water Workout



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	MORNING CYCLE C 6:30-7:30am w/Kerry	CYCLE EXPRESS C 7:00-7:30am w/Claire HIIT 30 G 7:30-8:00am w/Lauren S.	MORNING CYCLE C 6:30-7:30am w/Kerry	CYCLE EXPRESS C 7:00-7:30am w/Claire HIIT 30 G 7:30-8:00am w/Lauren S.	MORNING CYCLE C 6:30-7:30am w/Kate	NO CLASSES
AFTERNOON	ZUMBA G 12:10-1:00pm w/Melissa *Starts June 12 th	SIX PACK ATTACK G 12:15-12:45pm w/Megan	ZUMBA G 12:10-1:00pm w/Melissa *Starts June 14 th		SIX PACK ATTACK G 12:15-12:45pm w/ Alma *Starts June 9 th	
EVENING	HIIT 45 G 5:15-6:00pm w/Avery & Alma *Starts June 5 th	EVENING CYCLE C 4:30-5:30pm w/Zoë BOOTCAMP G 5:15-6:15pm w/Libby ZUMBA G 6:30-7:30pm w/Keegan & Alexia	URBANKICK G 4:00-5:00pm w/Megan HIIT 45 G 5:15-6:00pm w/Avery & Libby *Starts June 7 th	EVENING CYCLE C 4:30-5:30pm w/Zoë BOOTCAMP G 5:15-6:15pm w/Alma *Starts June 8 th	ZUMBA G 6:30-7:30pm w/Keegan & Alexia	
	VINYASA FLOW F 6:00-7:00pm w/Ashley SPINSANITY C 6:00-7:00pm w/Andie ZUMBA G 6:15-7:15pm w/Karina		VINYASA FLOW F 6:00-7:00pm w/Ashley SPINSANITY C 6:00-7:00pm w/Andie ZUMBA STRONG G 6:15-7:15pm w/Karina		URBANKICK G 5:00-6:00pm w/Andie ZUMBA G 6:15-7:15pm w/Karina	NO CLASSES
						SUNDAY



Boot Camp: A creative interval cardio class designed using bodyweight for sculpting and cardio drills for conditioning. This class promotes fat loss and muscle toning.

HIIT 30/45: "High Intensity Interval Training" is a short and sweet training method that is sure to bust ANY plateau! This summer, choose from a 30 or 45 minute workout.

Indoor Cycling: Choose from a variety of indoor cycling classes as instructors add their own flare to classes. Cycling is a great cardio and strength combination!

Muscle Fire: An action-packed class filled with the excitement of plyometric drills along with tough intervals of strength, power, resistance, and core training moves. This class will provide the finishing touches on muscle toning!

Six Pack Attack: A challenging and energetic 30 minute workout that effectively strengthens and sculpts core muscles.

Spinsanity: An intense indoor cycling class that encourages participants to bike to the beat while pushing their limits!

Urban Kick®: *NEW!!* An innovative, exciting and athletic format that takes a sports conditioning approach. By combining punch and kick sequences with H.I.I.T. drills, Urban Kick challenges the body in all planes of motion so participants are constantly developing strength, agility, flexibility and balance.

Vinyasa Flow: Yoga is an ancient natural method for achieving and maintaining physical, mental and emotional health. Benefits include stress release, body strength, weight control, improved body alignment and flexibility and better concentration.

Zumba® Strong: *NEW!!* A high intensity interval training class using more traditional fitness moves for a more athletic conditioning-style workout. By using body weight as resistance participants achieve muscle definition and have fun in the process.

Zumba®: Zumba comes from the Colombian word meaning "to move fast and have fun." This high energy class combines Latin dance moves with aerobic activities to ensure a great workout and a great time.