

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>POWER</b> 6:00-6:45a Cheryl	<b>HIIT Spin</b> 6:30-7:00a Cheryl Reservation Required		<b>POWER</b> 6:00-6:45a Cheryl	<b>SPINNING</b> 7:30-8:30a Steve Reservation Required	<b>POWER</b> 7:30-8:30a Christy
<b>the Quad Squad</b> 9:30-10:30a Team	<b>STEP</b> 9:30-10:30a Cheryl	<b>POWER</b> 9:30-10:30a Cheryl	<b>Turbo KICK</b> 9:30-10:30a Tamara	<b>Dance Mash-Up</b> 9:30-10:30a Tamara	<b>Turbo KICK</b> 8:15-9:00a Team	<b>Yoga</b> 8:30-9:30a Faye
<b>Yoga</b> 10:30-11:30a Yogini	<b>Silver&amp;Fit</b> 10:45-11:45a Sandy	<b>Yoga</b> 10:30-11:30a Kay	<b>Silver&amp;Fit</b> 10:45-11:45a Sandy	<b>Pilates</b> 10:30-11:30a Faye	<b>POWER</b> 9:00-10:00a Team	<b>HIIT Spin</b> 8:30-9:00a Team Reservation Required
					<b>HIIT Spin</b> 10:00-10:30a Kim Reservation Required	<b>ZUMBA</b> 9:30-10:30a Faye
<b>POWER</b> 4:30-5:15p Kim	<b>PIYO</b> 4:15-5:00p Kim	<b>POWER</b> 4:30-5:15p Kim				
<b>ab,butt &amp; thigh</b> 5:15-5:30p Kim	<b>ZUMBA</b> 5:00-6:00p Mark	<b>ab,butt &amp; thigh</b> 5:15-5:30p Kim	<b>ZUMBA</b> 5:00-6:00p Mark			
	<b>chisel your middle</b> 6:00-6:15p Faye	<b>HIIT Spin</b> 5:30-6:00p Cheryl Reservation Required	<b>chisel your middle</b> 6:00-6:15p Faye			
<b>SPINNING</b> 5:45-6:45p Steve Reservation Required	<b>POWER</b> 6:15-7:00p Faye		<b>POWER</b> 6:15-7:00p Faye			

Our goal is to offer the best, safest exercise classes. We apologize in advance for cancellations due to low attendance.

Please arrive on time, and employ safe hygiene. Gym bags not permitted in studios.

To reserve a spot for SPINNING or HIIT Spin, please call 609-625-9355 the day of class, or visit the front desk to sign up.

## ab,butt & thigh

Sculpt your waistline! Firm your butt! Tone your thighs! This class targets all three areas simultaneously!

## chisel your middle

Tone your abs! This boot camp-inspired class incorporates abdominal exercises using a variety of techniques. All levels.



Dance your way to fit with a switch-up of CIZE and Country Heat! Let loose as you learn the hottest professionally choreographed dance routines. You'll be so focused on mastering the moves and having a total blast, you'll forget you're actually working out—and losing weight!



Group Power combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

## HIIT Spin

HIIT Spin is a 30-minute journey of indoor cycling that blends high-intensity intervals for optimal conditioning. Reservation required.

## Pilates

A variety of postures and exercises to lengthen and strengthen muscles based on Joseph Pilates' philosophies.



PiYo™ is all about strength training & core conditioning inspired by Pilates and yoga to burn calories while transforming the body. All levels.



The Quad Squad is a weekly rotation of the hottest classes: Country Heat, Zumba, Step, Cize, PiYo, Circuit or Barre Above!



Silver & Fit® is an energizing program for older adults. Develop strength, balance and coordination with this safe group fitness class.



Your instructor will lead you through flatlands and hills in a challenging cardio workout. It is a complete athletic mind/body training method ideal for all fitness levels. Reservation required.

## STEP

Basic step aerobics combinations will have you sweating and moving in this fun class. Modifications provided.



Turbo Kick® is a fusion of hip hop, kickboxing & dance moves all choreographed to high energy and motivating music. Burn big calories!

## yoga

Yoga philosophies are employed focusing on alignment & core principles of the discipline. All levels.



Zumba® is a fun Latin dance workout that incorporates easy-to-follow combinations that will have you dancing up a sweat!