

Active Agers w/ Kendra & Sue | This class is designed for the mature adult looking to improve strength and flexibility. Certified in Active Aging, Kendra and Sue will help you meet your fitness and wellness goals!

Bodies in Motion with Kathy | A class for our active, mature adults using a variety of support positions with a chair, designed to improve overall functional fitness. Safe, fun, and effective movements with weights, elastic tubing, and a ball. All levels welcome

BODYPUMP® | BODYPUMP is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit!

BODYBALANCE® | BODYBALANCE® is a fitness class that combines elements of yoga, Tai Chi, and Pilates. It is designed to improve flexibility, strength, balance, and overall well-being. *(This class is considered intermediate-advanced. Participants should be able to move from ground to standing position with ease. If you have any additional questions or concerns, please ask for Cherie or Brooke)*

Bootcamp with Kristen | This class is geared towards all levels. Expect a fun new workout each week designed to challenge your whole body!

Cardio & Sculpt with Angela | This popular and longstanding class incorporates cardio, endurance, strength and flexibility. All levels welcome.

Fit Fusion with Jenna | This class is for the mat class lover! From barre to Pilates, this class will challenge your body, mind, and soul. All levels welcome.

Friday Fitness with Sue | This circuit-based class focuses on strength, endurance, proper body alignment and balance. All levels welcome.

Friday Flexibility with Sue | Add flexibility to your exercise routine in this mat-based class. We focus on gently loosening the joints and simple static stretching to improve range of motion and functional movement. All levels welcome.

HIIT with Nolton | High-Intensity Interval Training, HIIT, builds cardiovascular fitness while improving muscular strength and endurance. This class is ideal for someone looking to burn serious calories through intense cardio movements! Best for intermediate to advanced levels.

Rebound Trampoline Fitness | This fitness class is full-body trampoline workout that enhances balance, improves coordination, and builds cardiovascular health. *Sign up required. Please see staff member for additional details.*

Spin | This indoor cycling class includes fast-paced upbeat tracks and alternating periods of sitting and standing for an amazing interval workout. If it is your first time, please arrive early to ensure proper bike set up and bring a towel and water! All levels welcome.

Step with Stacey | The perfect step fitness class for both the new and seasoned step student.

TruStretch with Kathy | This class will help lengthen and stretch tired, achy muscles. This is a great class to enjoy post exercise. All levels welcome.

Yoga | Learn basic Yoga postures that help develop strength, balance, and flexibility. All levels welcome.

Zumba® with Anna | Zumba® is an interval-style dance fitness class that combines low-intensity and high intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves.

GYM FLOOR (BASKETBALL COURT) //

	Monday	Tuesday	Wednesday	Thursday
6:30AM	HIIT		HIIT	
9:15AM				
10:00AM				
11:00AM				



**Sign Up
Required,
Please see
front desk for
assistance.*

AEROBICS STUDIO //

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30AM					LES MILLS BODY PUMP	LES MILLS BODY BALANCE (7:15AM)
8:15AM					Friday Fitness	LES MILLS BODY PUMP
8:30AM						
9:15AM	LES MILLS BODY PUMP	LES MILLS BODY BALANCE			Friday Flexibility	
9:30AM						
10:30AM						
11:30AM						
12:00PM						
4:00PM						
5:15PM	LES MILLS BODY PUMP	Step (5:30)				
6:15PM	BOOTCAMP					

SPIN ROOM (TOP FLOOR) //

	Monday	Tuesday	Wednesday	Thursday
6:00AM		SPIN		
9:15AM		SPIN		
10:30AM				
5:30PM	SPIN	SPIN		