

GROUP EX
SCHEDULE

FEBRUARY



Group Exercise Manager:
Melanie Vovk

To register for cycle classes please
download the SPVI app, create your
account and



MON	TUES	WED	THURS	FRI	SAT	SUN
7:00am -7:45am Cardio Strength Allison 7:00am - 7:45am Cycle Jackie	6:00am -6:45am Cycle Mark	7:00am -7:45am Cycle Michael	6:00am - 7:00am Cycle Mark	7:00am -8:00am Cycle Michael	7:00am -8:00am Walking Class Melanie	
8:30am9:30am Cycle - Unplugged Jodi 8:30 am - 9:30 am Stictly Strength Cezanne	8:30am -9:15am Cycle Melanie 8:30am-915am Cardio & Core Jen	8:00am -8:45am Weighted Bootcamp Lynette	7:00am -8:00am Walking Class Melanie	7:00am -7:45am Core, Tone & Strength Jodi	8:00am-9:00am Zumba Katiana 8:15 am HIIT for 30 min Jason	8:00am --9:00am Cycle Michael
9:15am - 10:15am Liquid Cardio Jodi 9:30am-10:30am Yoga - light flow therapeutics Allison	9:00am - 10:00am Liquid Cardio Rosemary	8:30am9:00am Cycle Express Heather	8:15am-9:30am Strength & Tone Jen 8:15am-9:15am Cycle Fusion Lynette	8:00am-8:45am Kickboxing Lynette 8:30am-9:15am Cycle Melanie	8:30am -9:15am Cycle Cezanne	8:30am - 9:15am Cardio Strength Jodi
10:45am-11:30am Mat Pilates Amanda 12:00pm - 1:00pm Strength & Tone April	9:15am-10:30am Barre Body Jodi 10:30am - 11:15am Cardio Strength Allison	9:15am-10:00am Mat Pilates Heather 9:15am-10:00am Liquid Cardio Jodi	9:00am - 10:00am Liquid Cardio Rosemary 9:00am - 10:00am Barre Body Amanda	9:00am-10:00am Strictly Strength Cezanne 9:15am - 10:15am Liquid Cardio Amanda	9:15am - 10:00am Cardio Strength April	9:30am-10:15am Zumba Annette B.
4:30pm-5:30pm Yoga- Therapeutic/ Restorative Andrea	4:30pm - 5:15pm- Kids Fitness Tara	10:15 am - 11:15am Strength & Tone Melanie 4:30pm - 5:30pm Yoga - Therapeutic/ Restorative Allison	10:00am-10:45am Mat Pilates Amanda 4:30pm - 5:15pm- Kids Fitness Tara	10:15 am - 11:15am Strength & Tone Melanie	10:15am - 11:15pm Yoga - Beg./Int. Justin	10:15am - 11:15pm Yoga Kylee
6:00pm - -6:45pm- Cardio Strength April 6:00 pm - 7:00pm Cycle Jodi	6:00pm - 6:45pm Strength & Tone Jodi 6:00pm- 7:00pm Cycle Michael	5:30pm - 6:30pm Cycle Alex 5:45pm - 6:45pm Strictly Strength Jodi	6:00pm - 6:45pm Cardio Strength Gwen			11:00am -11:45am FREE Intro to Pilates Reformer Alex
7:00pm - 8:00pm Yoga - Beg./Int. Andrea	7:00pm - 8:00pm Barre Body Jodi	7:00pm - 8:00pm Yoga - Beg. Int Andrea	6:00pm-7:00pm Cycle Jodi	11:00 am - 12:00pm Yoga Annette		

BARRE BODY -An overall full body workout with or without the barre to increase strength and flexibility. and lengthen muscles. Class uses small dumbbells. Sign up available 72 hours ahead.

CARDIO & CORE EXTREME - *All of the cardio bursts with none of the weight! Your body is the weapon in this 45-minute class where we will focus on blasts of cardio energy and quick recovery to maximize your heart rate as well as your calorie burn. Spend the last 15 minutes of class torching your core for that overall burn. Class will change every week so you will never get bored. Bring a mat.*

CARDIO STRENGTH - A HIIT class that combines cardio to get your heart rate up , and muscle conditioning exercises to build strength. Sign up available 72 hours in advance.

CORE, TONE & STRENGTH - Body weight exercises to strengthen your abs, lower back, and tone your shoulders. Stretch to increase flexibility and lengthen muscles.

CYCLE - This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises a metric based class using an interactive system called SPIVI. Be sure to download the SPIVI APP to plug in your metrics so the ride is specific to you. All levels are welcome. Wear comfortable clothing, tennis shoes are fine but cycle shoes with SPD or LOOK (delta) clips are recommended.

CYCLE BLAST OFF & BEATS - This super fun and challenging class sprinkles a classic indoor cycle ride with a healthy dose of rhythm riding. You'll conquer springs, hills, & endurance in class along with drills designed to move your body to the beat. Awesome music, sweaty kick-butt work out & a good time every ride!

CYCLE EXPRESS - A great cardio workout in a quick 30 minute format. Get your heart rate up and burn loads of calories while doing bootcamp style drills. This class is a high intensity interval training.

CYCLE FUSION - Dynamic blend of cycling, and body weight exercise. Wear tennis shoes for this class.

CYCLE UNPLUGGED - Join Lynette for a one hour ride with no spivi. Back to the basics with just your bike monitor. Get your heart rate up and burn those calories while sculpting your legs.

HIIT 30 MINUTES - This 30 minute High Intensity Interval Training (HIIT) will push your cardiovascular limits. Wear a heart rate monitor for maximized results. This session meets in the Tribe Room.

KICKBOXING - Full Body workout which includes punches and kicks. Build a fit and confident body and relieve stress.

KIDS FITNESS - a FUN circuit/exercise Class for kids ages 7-12.

LIQUID CARDIO - This is an all over, cardio, toning, muscle conditioning class, which incorporates, stretching, range of motion and stretching. The goal is health and fitness using the multi-directional resistance of water. This is a great class for all ages and fitness levels

PILATES MAT - Mat based Pilates class focused on stability, posture, and proper breath control. Each class will work on strength and flexibility, with an emphasis on challenging the core muscles with each movement. All movements are taught in a slow and controlled manner.

POP UP CLASSES - We offer Line & Wine once and month, occasional hip hop, step, hula hoop, and cycle classes.

STRENGTH & TONE - An overall resistance training workout. Various props used to give you the definition you have been waiting for.

STRICTLY STRENGTH - a 60-minute pre-choreographed barbell program that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Matching movement to music and using traditional strength training which allows participants to work at their own level.

WALKING CLASS - This class meets in the front of the club near the water fountain. this class walks on the Paseos near our club. Choose your distance. All levels welcome. Please bring your water. sign up using our Paseo Club APP.

WEIGHTED BOOTCAMP- Get ready for burpees, mountain climbers, and jump squats, etc., and full body dynamic exercises infusing dumbbells with the moves.

YOGA - You'll flow continuously through strong sequences of traditional Sun Salutations and standing postures, linking breath with movement and build strength and endurance as you push the edge of your balance and flexibility. In Sanskrit vinyasa means "to place in a special way," and that informs the graceful dance that is a well-planned vinyasa sequence. When you hit that sweet spot and the endorphins kick in, a pushup suddenly becomes an exercise in weightlessness—you glide, you float, you sail into a blissful final relaxation.

YOGA BEGINING/INTERMEDIATE - With this yoga practice, one establishes a rhythm of breath that will guide the body into movement, creating a mindful and active meditation, promoting strength, proper alignment and flexibility. Cultivating heat in the body with sequences involving sun salutations, standing and seated postures and core effort. Always finishing with Shavasana, bringing you into a calm and peaceful state. Offering a well balanced mind/body experience, this practice allows you to nourish and fortify your health and well-being.

YOGA - LIGHT FLOW THERAPEUTICS - The beginning portion of this class combines a slow flow centered on creative sequencing that builds heat, endurance, flexibility and strength combines with conscious breathing. Students will be challenged with elements of flow, balance and holding postures. The second half will be spent on therapeutics. Whether you're healing from an injury or just want to relax, this part of the class is for you. Therapeutics is restorative, relaxing, releasing, stabilizing, strengthening, and healing. Therapeutics quiet the mind, soothes the nervous system, lowers blood pressure, decreases stress and so much more. you will leave with a mind that is less busy, a body that feels more open and relaxed and with an overall sense of peace. This class is suitable for all levels. Modifications will be offered to allow all to feel safe, strong and comfortable

YOGA - THERAPEUTICS/RESTORATIVE -

In this therapeutic yoga class, we will work closely to the floor to open all the parts that cause the most pain and discomfort in the body. Each week we will work to target chronic pain, stiffness and discomfort in the hips, low back, sciatic, upper back, neck, elbows and shoulders. We will practice a combination of therapeutic yoga, FRC mobility work for the joints, and gentle somatic yoga to reconnect brain-to-muscle function and awaken the body from sensory motor amnesia, the main cause of chronic pain. If you're needing to slow down, heal your body, and reconnect back to the softer side of yourself. Please join Dani once a week for this self-care opportunity. This class will help you live better in your body so you can continue doing the things you love to do.

ZUMBA - An Exciting hour of calorie burning, body energizing movements with a Latin flavor and some international zest. Easy to follow moves create this one of a kind workout. Please bring your own towel and water. Athletic shoes required