

GROUP EX SCHEDULE

(included in membership)

MAY



**Group Exercise Manager:
Melanie Vovk**

To register for cycle classes please download the SPIVI app, create your account and avatar. From here you can reserve your bike of choice



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

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MON	TUES	WED	THURS	FRI	SAT	SUN
12:00pm - 1:00pm Strength & Tone April	4:30pm - 5:15pm- Kids Fitness Tara	4:30pm-5:30pm Yoga- Therapeutic/ Restorative Allison	10:00am-10:45am Mat Pilates Amanda			
4:30pm-5:30pm Yoga- Therapeutic/ Restorative Andrea			4:30pm - 5:15pm- Kids Fitness Tara			
6:00pm - 6:45pm Cardio Strength April	6:00pm - 6:45pm Strength & Tone Jodi	5:30pm - 6:30pm Cycle Alex	6:00pm - 6:45pm Cardio Strength Trish			
6:00 pm - 7:00pm Cycle Jodi	6:00pm- 7:00pm Cycle Michael	5:45pm - 6:45pm Strictly Strength Jodi	6:00pm-7:00pm Cycle Jodi			
7:00pm - 8:00pm Yoga - Beg./Int. TBD	7:00pm - 8:00pm Barre Body Jodi	7:00pm - 8:00pm Yoga - Beg. Int Andrea				

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

When: Tuesday 9:15-10:15 am and 7-7:45 pm, Thursday 9-9:45 am

Instructor: Jodi Broz on Tuesdays, Amanda Billimore on Thursdays

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. Class will change every week so you will never get bored. Bring a mat.

When: Tuesday 8:30-9:15 am

Instructor: Jen Azevedo

CARDIO STRENGTH - A HIIT (high-intensity interval training) class that combines cardio to get your heart rate up, with muscle conditioning exercises to build strength. Sign up is available 72 hours in advance.

When: Saturday 9:15-10 am, Sunday 8:30-9:15 am, Monday 7-7:45 am, Tuesdays 10:30-11:15 am, Thursdays 6-7 pm

Instructor: April Larson on Saturdays, Allison Nelson on Mondays and Tuesdays, and Dana Wiltz on Thursdays and Thursdays

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

When: Friday 7-7:45 am

Instructor: Jodi Broz

CYCLE (AM) - This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills. This is 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.

When: Monday 7-7:45 am, Tuesday 8:30-9:15 am and 6-6:45 am, Wednesday 7-7:45 am, Thursday 7-7:45 am, Friday 7-7:45 am and 8:30-9:15 am, Saturday 8:30-9:15 am Sunday 8-9 am,

Instructor: Jackie Tallarido on Mondays, Melanie Vovk on Tuesdays,

Michael Schmidt on Wednesdays, Fridays (7-7:45 am), and Sundays, Mark Overdevest on Thursdays and Tuesdays at 6 am, Kathryn Longwill on Fridays at 8:30 am, Cezanne Youmazzo on Saturdays

CYCLE (PM)

When: Monday 6-6:45 pm, Tuesday 6-7 pm, Wednesday 5:30-6:30 pm, Thursday 6-6:45 pm

Instructor: Jodi Broz on Mondays and Thursdays, Michael Schmidt on Tuesdays, Alex Holguin on Wednesdays

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 high intensity interval training.

When: Wednesdays 8:30-9:00 am

Instructor: Heather Deffenbaugh

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

When: Thursday 8:15-9:15 am

Instructor: Cezanne Youmazzo

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

When: Monday 8:30-9:30 am

Instructor: Lynette Willis

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

When: Saturday 8:15-9 am

Instructor: Jason Youmazzo

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

When: Friday 8-8:45 am

Instructor: Lynette Willis

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

When: Tuesday and Thursday 4:30-5:15 pm

Instructor: Tara Thompson

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

When: Monday, Wednesday and Friday 9:15-10:15 am, Tuesday and Thursday 9-10 am

Instructor: Jodi Broz on Mondays, Wednesdays, and Thursdays, Rosemary Competelli on Tuesdays, and Amanda Billimore on Fridays

PILATES MAT - Mat-based Pilates class focuses 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.

When: Monday 10:45-11:30 am, Wednesday 9:10-10 am, Thursday 10-10:45 am

Instructor: Amanda Billimore on Mondays and Thursdays, Heather Deffenbaugh on Wednesdays

POP-UP CLASSES - We offer Line & Wine and Pinot & Pilates once a month. There are occasional hip hop, step, hula hoop, and cycle classes too.

When: Classes vary month-to-month

Instructor: Cezanne Youmazzo teaches Line & Wine, Jodi Broz (This schedule rotates) teaches Pinot & Pilates. Other pop-up instructors are TBD.

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

When: Monday 12-1 pm, Tuesday 6-6:45 pm, Wednesday 10:15-11:15 am, Thursday 8:30-9:15 am, Friday 10:15-11 am

Instructor: April Larson on Mondays, Dana Wiltz on Tuesdays, Melanie Vovk on Wednesdays and Fridays, Jen Azevedo on Thursdays

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. Match movement to music and using

traditional strength training which allows participants to work at their own level.

When: Monday 8:30-9:30 am, Wednesday 5:45-6:45 pm, Friday 9-10 am

Instructor: Cezanne Youmazzo on Mondays and Fridays, Jodi Broz on Wednesdays

WALKING CLASS - This class meets in the front of the club near the water fountain and uses the paseos near our club. Choose your distance. All levels are welcome. Please bring your water. Sign up using our Paseo Club app.

When: Thursday and Saturday 7-8 am

Instructor: Melanie Vovk

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

When: Wednesday 8-9 am

Instructor: Lynette Willis

YOGA BEGINNER/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. Cultivate heat in the body with sequences involving sun salutations, standing and seated postures, and core-based movements. Class ends with Savasana for a calm and peaceful state. Nourish and fortify your health and well-being.

When: Monday and Wednesday 7-8 pm, Saturday 10:15-11:15 am, Sunday 10:30-11:30 am

Instructor: Andrea Dill on Mondays and Wednesdays, Justin Barnes on Saturdays, Kylee Carey on Sundays

YOGA INTERMEDIATE/ADVANCED - This class will keep you moving! You'll flow continuously through strong sequences of traditional Sun Salutation, standing postures, balance postures, light backbends, forward folds, and gentle twists linking breath with movement. This practice will build your strength, endurance, awareness, confidence, and joy as you push the edge of your balance and flexibility.

When: Friday 11am-12 pm

Instructor: Annette Allen

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 with conscious breathing. 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. It quiets the mind, soothes the nervous system, lowers blood pressure, decreases stress and so much more. This class is suitable for all levels. Modifications will be offered to allow all to feel safe, strong and comfortable.

When: Monday 9:30-10:30 am

Instructor: Allison Nelson

YOGA - THERAPEUTICS/RESTORATIVE -

In this therapeutic yoga class, we will work 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. Join Dani once a week for this self-care opportunity.

When: Monday and Wednesday 4:30-5:30 pm

Instructor: Andrea Dill on Mondays and Allison Nelson on Wednesdays

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.

When: Saturday 8-9 am, Sundays 9:30-10:15 am

Instructor: Heather Evans on Saturdays, Dario Sanchez on Sundays