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Weekly Group Exercise Schedule

The intensity scale is a general guideline. All classes are available to all members. Instructors can modify exercises as needed.

Light Intensity  Moderate Intensity  High Intensity 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 7-8 am Cardio Strength Allison	 5:15-6:15 am Cycle HIIT Mark	 7- 7:50am Strength, Length & Flow April		 6:45-7:45am Strength Works Chelley	 8-9 am Zumba Dario	 8-9 am Cycle Michael
 7-8 am Cycle Jackie		 7-8 am Cycle Michael	 5:30 -6:30 am Cycle Mark	 7-8 am Cycle Michael	 8:30-9:30 am Cycle Shirley	 8:15-9:15 am Cardio Strength Lexie
 8:15-9:15 am Strictly Strength Lexie	 8 -9 am Cardio & Core Lynette	 8-9 am Dynamic Strength Lynette	 8:15-9:15 am Cycle Fusion Lynette	 8-9 am Kickboxing Lynette	 9:15-10:15 am Liquid Cardio Tara	 9:30-10:30 am Zumba Kia
 8:15-9:15 am Cycle Unplugged Lynette	 9:15-10:15 am Liquid Cardio Rosemary	 9:15-10:15 am Mat Pilates Heather	 8:15-9 am Step and Sculpt Annette	 9:15-10:15 am Total Body Burn Angie	 9:15-10:15 am Cardio Strength Allison	 10:45-11:45 am Yoga Kylee
 9:15-10:15 am Liquid Cardio Molly	 9:15-10:15 am Barre Sculpt Angie	 9:15-10:15 am Liquid Cardio Angie	 9:15-10:15 am Liquid Cardio Molly	 9:15-10:15 am Liquid Cardio Tara	 10:30-11 am Yoga Express Allison	
 9:30-10:30 am Restorative Yoga: Allison	 10:30-11:30 am Cardio Strength Allison	 10:30-11:30 am Tone & Balance Lexie	 9:15-10:15 am Barre Sculpt Angie	 10:30-11 am Stability Strength 30 Lexie		
 10:45-11:45 am Mat Pilates Angie	 11:45 am-12:30 pm Rebounder Trampoline Talia		 10:30-11:30 am Mat Pilates Angie	 11-11:30 am Ignite Core 30 Lexie		
 12-1 pm Strength & Tone April	 4:30-5:30 pm Slow Flow Yoga Justin	 4:30-5:30 pm Restorative Yoga Allison	 11:45 am-12:15 pm Rebounder Trampoline Talia	 11:45-12:45pm Power Vinyasa Yoga Justin		
 4:30-5:30 pm Restore and Revitalize Yoga Andrea	 5:45-6:45 pm Strength & Tone Dana	 5:15-6:15 pm Cycle Unplugged Alex				
 5:45- 6:45 pm Cardio Strength April	 6-7pm Liquid Cardio Tara	 5:45-6:30 pm Strength & Core Shirley	 5:45-6:45 pm Cardio Strength Dana		 5-5:45 pm Line Dance Lexie	
 6-6:45 pm Cycle Shirley	 6-7 pm Cycle Michael	 7-8 pm Zumba Kia				
			 7-8 pm Restore and Revitalize Yoga Andrea			

Class Descriptions

BARRE SCULPT- Define and strengthen your body with our Barre Sculpt class. This workout amplifies the toning benefits of barre by incorporating light hand weights, resistance bands, and other props. We'll use high repetitions and precise movements to exhaust your muscles, building muscular endurance and giving you a lean, sculpted look. Focus on form and control as you work your way to a stronger, more defined you.

CARDIO & CORE - 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.

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.

CYCLE - This class is a great all-levels 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, so the ride is tailored to you. Athletic shoes are fine, but cycle shoes with SPD or LOOK (delta) clips are recommended.

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

CYCLE HITT- High-energy interval training class that combines intense cardio burts and strength exercises to challenge your body, boost endurance and leave you feeling powerful.

CYCLE UNPLUGGED - Leave the screens behind and tap into the energy of a truly immersive, instructor-led ride. It is a dynamic and fun class that pushes your limits through powerful music, motivating coaching, and non-stop movement. No tech, just pure connection and challenge. Build endurance, strength, and confidence as you ride to the rhythm and find your edge.

DYNAMIC STRENGTH - Get ready for burpees, mountain climbers, jump squats, etc., and full-body dynamic exercises using dumbbells with the moves.

IGNITE CORE 30- is a focused, high energy 30 minute workout designed to strengthen and ignite your entire core. This class targets the abdominals, obliques, lower back, and stabilizing muscles through a variety of dynamic exercises that build strength, stability, and endurance. Using bodyweight and functional training tools, you will move through efficient intervals that challenge your balance, improve posture, and support total body performance. Perfect as a standalone workout or paired with another class, Ignite Core 30 delivers a powerful core burn in just half an hour.

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

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.

MAT PILATES - 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.

PROP- POWERED YOGA- is a dynamic yoga class that incorporates supportive and strength-building equipment such as TRX straps, ballet barres, and balance tools to enhance traditional yoga poses. This class is designed to improve flexibility, stability, strength, and body awareness by using props to deepen stretches, assist with alignment, and challenge balance. Participants will flow through movements that combine yoga principles with functional training, creating a fun and engaging workout suitable for various fitness levels. Whether you are looking to build strength, improve mobility, or explore new ways to support your practice, Prop-Powered Yoga offers a creative and supportive approach to movement.

POWER VINYASA FLOW YOGA - Build strength, increase flexibility, and challenge your edge. Link breath with movement, creating a flowing sequence that builds heat, focus, and endurance. In this energizing class, you'll move through creative transitions, full-body strength-building poses, and moments of mindful stillness. Build your core stability, enhance joint integrity, and develop full body awareness.

REBOUNDER TRAMPOLINE- Bounce Basics is a beginner-friendly rebounding class designed to boost energy, improve balance, and fire up your muscles-without the impact.

STABILITY & STRENGTH- fast-paced, 30 minute total body workout that combines strength & balance movements. Build muscle, improve stability and strengthen core. Max results in minimal time.

STEP & SCULPT- High-energy class that combines classic step aerobics with targeted strength training for a fun and effective full body workout.

STRENGTH & CORE- Strength from head to toe with a combination of weight training & core-focused exercises to improve strength, stability & endurance. Suitable for all fitness levels with options to modify

STRENGTH, LENGTH & FLOW- Combines resistance training, stretching, and fluid movement. Build strength through controlled exercises, improve flexibility with lengthening sequences.

STRICTLY STRENGTH- 60-minute 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.

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

STRENGTH WORKS- Build muscle, increase power, and improve overall functional strength.

TONE & BALANCE- Improve muscle tone, coordination and mental clarity using light resistance and functional movement.

TOTAL BODY BURN- Strength based class with short cardio burts. Full body efficient high calorie burn.

YOGA- practice that will guide the body into movement creating a mindful and active meditation, promoting strength, proper alignment and flexibility.

YOGA EXPRESS- 30-minute yoga class designed to deliver the benefits of a full practice in a shorter amount of time. This efficient session focuses on mindful movement, breathwork and key yoga poses to improve flexibility, balance and overall mobility.

YOGA RESTORE & REVITALIZE - A gentle yoga class focused on stretching, mobility, and relaxation to help you recover, recharge, and feel renewed.

YOGA SLOW FLOW - Take a mindful pause in the middle of your day. This class is gentle yet invigorating and combines breathwork with slow, intentional movement to release tension, improve posture, build strength, and increase flexibility. This class is a safe, supportive space that encourages mind-body connection, inviting you to return to your day feeling centered and refreshed.

YOGA THERAPEUTIC / RESTORATIVE- Open up all the parts that cause discomfort. Work to target chronic pain, stiffness and discomfort in the hips, low back, sciatic related, upper back, neck, elbows and shoulders.

ZUMBA- Fun high-energy dance fitness class that combines Latin and international music with easy-to-follow moves for a full-body workout that feels more like a party.