

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<p>INTERVAL TRAINING (GX) 5:45-6:45 GUILHEM QIGONG (MB) 7:00-8:00 ADAM MORE BALANCE(GX) 8:00-8:30 MEG PILATES REFORMER 2**(R) Δ 8:00-9:00 KIM STRONG CORE (GX) 8:30-9:00 MEG AQUA FIT (P) 8:45-9:45 SUSAN/MARION S.W.E.A.T (GX) 9:00-10:00 GUILHEM ELASTIC BODY (MB) Δ 9:00-10:00 MEG CYCLE (C) Δ 9:00-10:00 MOLLY PILATES REFORMER 2**(R) Δ 9:00-10:00 KIM ORTHOPEDIC PILATES*(R) Δ 10:00-11:00 KAREN ZUMBA (GX) 10:15-11:15 KATHLEEN EMBODIED PILATES (MB) 10:15-11:15 MEG PILATES REFORMER 1-2**(R) Δ 11:00-12:00 SARA CARDIO SCULPT 1-2 (GX) 11:15-12:15 MEG GENTLE YOGA (MB) 11:30-12:30 LOAN</p>	<p>NEXTBARRE (MB) Δ 5:30-6:30 AUTUMN CYCLE (C) Δ 5:30-6:30 JENN PILATES REFORMER 1-2**(R) 6:00-7:00 CAROL ROLL/RELEASE (MB) 6:30-7:00 JENN IYENGAR YOGA 2-3 (MB) 7:30-8:30 JANINE IYENGAR YOGA 1-2 (MB) 8:30-9:30 JANINE BODY POWER (GX) 9:00-10:00 MEG PILATES REFORMER 2**(R) Δ 9:00-10:00 LESLIE NEXTBARRE (MB) Δ 9:30-10:30 HEATHER TRX SUSPENSION (GX) Δ 10:00-11:00 MIDORI PILATES REFORMER 2** (R) Δ 10:00- 11:00 KAREN PILATES TRIO CIRCUIT** (R) Δ 10:00- 11:00 IRENE NEXTBARRE (MB) Δ 10:30-11:30 HEATHER WATER WORKS (P) 10:30-11:30 MARION PILATES REFORMER 1-2**(R) Δ 11:00-12:00 MIDORI</p>	<p>BOOTCAMP (GX) 5:45-6:45 JENN F. CORE PILATES (MB) 7:00-8:00 LOAN MOTR (GX) Δ 8:15-9:15 MIDORI AQUA FIT (P) 8:45-9:45 SUSAN ZUMBA (GX) 9:15-10:15 MIDORI DASSANAYAKA YOGA (MB) 9:15-10:30 MELLARA RHYTHM & RIDE (C) Δ 9:15-10:15 TAMARA PILATES REFORMER 1**(R) Δ 9:15-10:15 YUKI LONG & LEAN (GX) 10:15-11:15 TAMARA PILATES REFORMER 2**(R) Δ 10:15-11:15 MEG CORE PILATES (MB) 10:30-11:30 KAREN CARDIO SCULPT 1-2 (GX) 11:15-12:15 MEG GENTLE YOGA (MB) 11:30-12:30 MIDORI</p>	<p>CYCLE (C) Δ 5:30-6:30 SYLVIA ROLL/RELEASE (MB) 6:30-7:00 SYLVIA QIGONG (MB) 7:30-8:30 ADAM TAI CHI (MB) 8:30-9:30 ADAM BODY & SOLE (GX) 8:15-9:15 KATHLEEN PILATES REFORMER 2**(R) Δ 9:00-10:00 LESLIE DYNAMIC MOVEMENT (GX) 9:15-10:15 PAUL NEXTBARRE (MB) Δ 9:30-10:30 HEATHER TRX SUSPENSION (GX) Δ 10:15-11:15 MIDORI NEXTBARRE (MB) Δ 10:30-11:30 AUTUMN/LESLIE WATER WORKS (P) 10:30-11:30 MARION ENERGY RELEASE MEDITATION (MB)11:30-12:30 PAUL</p>	<p>POWER KICKBOX (GX) 5:45-6:45 JASON NEXTBARRE (MB) Δ 5:45-6:45 AUTUMN CORE PILATES (MB) 7:00-8:00 AUTUMN MOTR (GX) Δ 8:15-9:15 LAURA PILATES REFORMER 3**(R) Δ 9:15-10:15 LESLIE AQUA FIT (P) 8:45-9:45 PAM STEP (GX) 9:30-10:30 JUNE MINDFUL FLOW YOGA (MB) 9:15-10:15 LISA CYCLE (C) Δ 9:00-10:00 BRUCE/JENN PILATES REFORMER 2**(R) Δ 10:15-11:15 LESLIE EMBODIED PILATES (MB) 10:15-11:15 LOAN ZUMBA (GX) 11:00-12:00 LAUREN C. PILATES REFORMER 1-2**(R) Δ 11:15-12:15 MEG MINDFULNESS MEDITATION (MB)11:15-12:00 DORIAN</p>	<p>MORNING SCHEDULE</p> <table border="1"> <tr> <td> <p>STEP (GX) 8:30-9:30 MEG CYCLE (C) Δ 8:30-9:30 ROTATION AQUA FIT (P) 8:45-9:45 CHRIS CHAKRA ENERGY YOGA (MB) 9:00-10:15 LINDA BODY POWER (GX) 9:30-10:30 MEG CYCLE (C) Δ 9:30-10:30 ROTATION MINDFUL FLOW YOGA (MB) 10:30-11:30 JANE BOOTCAMP + TRX(GX) 10:45-11:45 ROTATION CUTTING EDGE MARTIAL ARTS (MB)**Δ 11:45-12:45 PRESTON & DEBBIE</p> </td> <td> <p>PILATES REFORMER 2**(R) Δ 8:30- 9:30 AUTUMN ATHLETIC PILATES (MB) 9:30-10:30 AUTUMN RHYTHM & RIDE (C) Δ 9:30-10:30 TAMARA/GUILHEM AQUA FIT (P) 9:30-10:30 MARION NIA (GX) 10:00-11:00 JANET MINDFUL FLOW YOGA (MB) 10:30-11:45 LOAN BOLLYX DANCE (GX) 11:00-12:00 SHIVANI</p> </td> </tr> </table>		<p>STEP (GX) 8:30-9:30 MEG CYCLE (C) Δ 8:30-9:30 ROTATION AQUA FIT (P) 8:45-9:45 CHRIS CHAKRA ENERGY YOGA (MB) 9:00-10:15 LINDA BODY POWER (GX) 9:30-10:30 MEG CYCLE (C) Δ 9:30-10:30 ROTATION MINDFUL FLOW YOGA (MB) 10:30-11:30 JANE BOOTCAMP + TRX(GX) 10:45-11:45 ROTATION CUTTING EDGE MARTIAL ARTS (MB)**Δ 11:45-12:45 PRESTON & DEBBIE</p>	<p>PILATES REFORMER 2**(R) Δ 8:30- 9:30 AUTUMN ATHLETIC PILATES (MB) 9:30-10:30 AUTUMN RHYTHM & RIDE (C) Δ 9:30-10:30 TAMARA/GUILHEM AQUA FIT (P) 9:30-10:30 MARION NIA (GX) 10:00-11:00 JANET MINDFUL FLOW YOGA (MB) 10:30-11:45 LOAN BOLLYX DANCE (GX) 11:00-12:00 SHIVANI</p>
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<p>TRX SUSPENON (GX) 5:30-6:30 ANYA NEXTBARRE (MB) Δ 5:30-6:30 CHARI CYCLE (C) Δ 5:30-6:30 GUILHEM PILATES REFORMER 1-2**(R) Δ 6:00-7:00 IRENE U-JAM (GX) 6:30-7:30 REY REY POWER YOGA (MB) 6:30-7:30 ANYA</p>	<p>ZUMBA (GX) 5:30-6:30 DESI VINYASA FLOW YOGA 2-3 (MB) 5:30-6:45 LOAN CYCLE (C) Δ 5:30-6:30 OLENA PILATES REFORMER 2**(R) Δ 6:00-7:00 AUTUMN WANNA DANCE (GX) 6:30-7:30 GRACE</p>	<p>ZUMBA (GX) 5:30-6:30 WES NEXTBARRE (MB) Δ 5:30-6:30 CHARI CYCLE (C) Δ 5:30-6:30 LAUREN L. PILATES TRIO CIRCUIT** (R) Δ 5:30- 6:30 IRENE POWER KICKBOX (GX) 6:30-7:30 JASON MINDFULNESS MEDITATION (MB) 6:30-7:15 DORIAN</p>	<p>U-JAM (GX) 5:30-6:30 SAY SAY POWER YOGA (MB) 5:30-6:30 LOAN CYCLE (C) Δ 5:30-6:30 MOLLY PILATES REFORMER 2**(R) Δ 5:30-6:30 KAREN WANNA DANCE (GX) 6:30-7:30 GRACE RESTORATIVE YOGA (MB) 6:30-7:30 MELISSA</p>	<p>G FORCE CYCLE (C) Δ 5:30-6:30 GUILHEM YIN YOGA (MB) 5:30-6:30 JEN</p>	<p>EVENING SCHEDULE</p> <p><i>(GX) = GROUP EXERCISE STUDIO (MB) = MIND BODY STUDIO (C) = CYCLE STUDIO (P) = POOL (R) = REFORMER STUDIO</i></p> <p>1 = BEGINNER 2 = INTERMEDIATE 3 = ADVANCED</p> <p>** = PILATES REFORMER, MOTR , MARTIAL ARTS CLASSES ARE FEE BASED AND MAY CHANGE ON A MONTHLY BASIS.</p> <p>Δ= ADVANCED SIGN UP IS REQUIRED</p> <p><i>CYCLE, NEXT BARRE, & TRX RESERVATIONS OPEN 24 HOURS PRIOR TO THE CLASS BEGINS. RECEIVE THE PASS AT FRONT DESK BEFORE THE CLASS. 5 MINUTES BEFORE THE CLASS BEGINS, THOSE PASSES THAT HAVE NOT BEEN COLLECTED MAY BE PASSED OUT TO THOSE ON THE WAITLIST. PLEASE NOTIFY US WITHIN TWO HOURS PRIOR TO YOUR SCHEDULED CLASS IF YOU WILL NOT BE ABLE TO ATTEND. FAILURE TO DO SO WILL RESULT IN A \$5 NO SHOW PENALTY BEING CHARGED TO YOUR ACCOUNT.</i></p>			

CLASS DESCRIPTIONS

GYM HOURS OF OPERATION: M - Th 4:50 AM - 11 PM • F: 4:50 AM - 10 PM • SAT, SUN: 5:50 AM - 8 PM
CHILDCARE HOURS: M - F: 8:00 AM - 8:00 PM • SAT: 8 AM - 2 PM • SUN 8 AM - 1 PM

GROUP EXERCISE STUDIO

CARDIO

BODY & SOLE*

A dance based class that utilizes 5 important senses to strengthen and lengthen muscles. Find your comfort zone by mobilizing the joints and increasing stability, balance and body awareness. The class is suitable for all levels, and is energetic through world, latin, and urban beat.

BOLLYX DANCE

BollyX is a Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. The-50 min cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating and motivated.

STEP

Step up to a great workout! Using the height-adjustable platform developed by Reebok, you can get a great total body workout. Strengthen your heart and your legs with this 55-minute aerobic workout.

U-JAM*

U-Jam is an athletic cardio dance class with a hip hop flavor that makes you sweat, tones your body, and puts a smile on your face.

ZUMBA*

Zumba is a fusion of Latin and International music—to create a dynamic workout system designed to be FUN and EASY TO DO! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

WANNA DANCE*

A studio-style dance class begins with 25-minute full body warmup including core work followed by 20 minutes of Across-The-Floor dance basic techniques. A block of choreography will be taught weekly in the last 40-minute routine segment of the class.

STRENGTH

BODY POWER*

This challenging yet fundamental workout is designed to strengthen, tone and sculpt your entire body using free MOTRweights, body bars, tubing, gliding disks etc.

TRX SUSPENSION

This challenging suspension training uses your bodyweight, increases balance, strength, core stability and range of motion. You will use the whole body building lean muscles and coordination.

COMBO (CARDIO - STRENGTH)

CARDIO SCULPT*

A non-stop cardio hour consisting of strength, power, core, balance and plyometric drills using a variety of equipment such as free weights, tubing, step, disks.

POWER KICKBOX

Kick, punch, strike your way to fitter, fiercer you! After a total body warm up, this high intensity interval workout will focus on burning calories during the cardio segment, then honing your technique using gloves and punching bags.

S.W.E.A.T : S.W.E.A.T- strength, weights, endurance and aerobic training.

This class is a mix of cardio and weight training with an emphasis on building strength and burning calories. Using weights, bands and other props, you'd better bring a towel because we'll make you SWEAT!

HIGH INTENSITY

BOOTCAMP

This is an intense full body conditioning class that makes you shred while enhancing the cardiovascular capacity. You will be using your body weight and a variety of gym tools available depending on the week, leaving the class satisfied and feeling strong!

EXTREME INTERVAL TRAINING

An enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercises with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and condition, improved metabolism, and improved fat burning.

INTERVAL TRAINING

This mid to high level interval cardio exercise class utilizes step, weights, bands, and other props working intervals to strengthen and tone the body and to burn calories.

POWER KICKBOX

Kick, punch, strike to fitter, fiercer you! After a total body warm up, this high intensity intervaworkout will focus on burning calories during the cardio segment, then honing your technique using gloves and punching bags.

LOW IMPACT

DYNAMIC MOVEMENT*

Functional Movement is an accessible and dynamic program, designed to build strength, agility and coordination along all planes of motion. The workout prepares the body for the challenges of an active life.

LONG & LEAN*

Tone up and sweat it out! This fusion class mixes low-impact cardio with low resistance to elongate and tone arms, legs and abs for a longer and leaner body.

MORE BALANCE*

This 30 minute class begins with stretch and focuses on improving the balance by using various positions and props. All levels with various modifications are available for better balance!

NIA*

Nia is a low impact barefoot workout performed to electric inspiring music. Adaptable for all ages and fitness levels. Each routine has a set intention, bringing greater meaning to your workout. Experience the physical, mental, emotional and spiritual benefits of Nia as you train your body from the inside out.

MOTR

The MOTR is a versatile and unique apparatus that gives you everything you need for a total body workout! In the Intro to MOTR class you will use the foam roller as the exercise platform which immediately challenges your balance and activates the core to stabilize, so that even the simplest of movements become a full-body experience. Barefeet or grippy socks requested. Sign up required as this class is limited to 12 participants.

STRONG CORE*

30 minute Strong Core follows More Balance. This is an awareness-based core class utilizing a variety of props, such as bosu and swiss balls for those who want a Strong Core.

MIND BODY

CORE PILATES*

A Pilates class focusing on core stabilization and postural alignment. The class is taught both from the perspective of injury prevention as well as strength building to maximize the benefit.

CHAKRA ENERGY YOGA*

Learn how to balance your emotions by connecting with your energetic body with mindfulness, yoga movement and breath. The class will be taught from the approach of balancing the Chakra along with the Ayurvedic philosophy.

DASSANAYAKA YOGA*

Dassanayaka Yoga class provides guided meditations through vinyasa sequences of well-known hatha yoga postures. The class is designed to release you physically and emotionally from your self-imposed constraints to explore your life in true greatness.

ELASTIC BODY*

Elastic Body will expand yosense of balance and the elasticity of the body. This mindful, low impact class blends the benefit of Pilates, yoga, Pilates Reformer, and utilizes a variety of props such as foam roller, yoga blocks.

EMBODIED PILATES*

A meditative approach to Pilates movement. Throughput the class, you maintain your focus on getting in touch with our felt-sense of the body, relationship to gravity, and core as a coordination.

ENERGY RELEASE MEDITATION*

This class is a progressively relaxing program, designed to build focused attention to the movements of the body. We start with light strength training, followed by stretching and rolling, and finish with a deep and soothing guided meditation.

FLEXI-SPINE*

This Pilates inspired class is a circuit style movement practice that is designed to provide flexible spine. Flexible spine is designed to make people feel younger.

FLOW TO YIN YOGA *

A vinyasa based gentle flow builds strength and readies the body for deeper yin poses, increasing range of motion and flexibility. Emphasis on mindfulness and breath.

GENTLE YOGA*

In Gentle Yoga, you will move through the yoga poses (asana) slower than other yoga classes. The class is for all levels including beginners who are new to yoga practice and experience yogis who want to slow down to have a deeper practice.

IYENGAR-YOGA*

Iyengar yoga emphasizes on detail, precision and alignment in the performance of-yoga-posture-and breath control. The development of strength, mobility and stability is gained through the postures.

KUNDALINI YOGA*

Kundalini Yoga is the Yoga of Awareness. Practice gives you an experience beyond the limits of time and space—an experience of the depth of your soul and true identity. This direct experience of your higher self builds a platform of strength, radiance, and security on which to build your life.

MINDFUL FLOW YOGA*

A physical Hatha class that allows your body, mind and spirit to move more freely by focusing on pranayama (breathwork), asana (postures), alignment and meditation in a flow inspired class.

MINDFULNESS MEDITATION*

Mindfulness is a quality of awareness achieved by focused attention in the present moment. A regular mindfulness practice creates new brain connections and help our emotions become more resilient which leads to make effective choices in everyday life.

NEXTBARRE*

A fitness system that strengthens and stretches all the major muscle groups in the body, NextBarre combines ballet barre work, core conditioning, tension band training, stretching, and orthopedic exercises through controlled movements safely.

RESTORATIVE YOGA*

This gentle approach to yoga prepares you for an energized weekend. Various props will be used to support the body to hold the poses longer in order to find deep concentration and stretch.

VINYASA FLOW YOGA

This class is a progression of Mindful Flow class. The dynamic movement with your breath provides you mobility, flexibility, strength of the body and the concentration of the mind.

QIGONG*

An ancient Chinese mind body method of “internal training” for health, vitality, relaxation, and healing rooted in Chinese medical principles and Chinese philosophy. A combination of movement, posture, awareness and breath control opens the acupuncture channels balancing our Qi (vital energy), and releasing stagnant Qi.

TAICHI*

Taichi, a gentle form of martial arts combining deep diaphragmic breathing and flowing, dance-like poses, provides benefit such as better circulation and posture; it strengthens the immune system and increases the overall sense of well-being.

ROLL & RELEASE*

This class is for you to open and lengthen the body by focusing on better mobility and flexibility. We will be using foam roller, and small ball to roll and release!

CUTTING EDGE MARTIAL ARTS*

The class blends the five traditions of Shotokan, Jujitsu, Tae-Kwon-Do, Aikido, and Judo to bring you a challenging, ongoing program. Character development and physical conditioning are two important aspects and it gives you the opportunity, encouragement, and guidance to be the best they can be.

CYCLING STUDIO

CYCLE*

An exhilarating, body changing class that integrates music and motivation in a non-impact workout. A terrific cardiovascular and lower body workout for participants of all fitness levels! No cycling background needed. Come ride with us!

RHYTHM & RIDE*

A high intensity cycle class rocking to the beat of music. A great class if you are up for a party. Experience a different ride!

POOL

AQUA-FIT*

A challenging and FUN water workout designed to increase cardiovascular endurance, muscle strength, muscular endurance, flexibility and well being. Includes conditioning with various water resistance tools, abdominal work and stretching. All levels welcome.

WATER WORKS*

A spirited cardiovascular based movement working at your best level of fitness to strengthen the core improve your balance and coordination.

PILATES REFORMER STUDIO

ADVANCED

This class is for those who are looking for more challenging work than the intermediate class, both in terms of strength and coordination.

INTERMEDIATE

The class is ideal for those who are familiar with the apparatus and have a physical activity background. Students will be able to strengthen and lengthen the body when they leave the class.

BEGINNERS

This class goes over the foundation of Pilates such as anatomical positions and breathing pattern. A great class for those who are new to Pilates Reformer as well as people with any physical limitation.

TRIO CIRCUIT

Pilates circuit training class using variety of equipments such as Reformer, Cadillac, Chair, MOTR, Bodhi Suspension Training etc. Limited to three people with special attention for those who want more!