

SCHEDULE OF CLASSES

Morning Classes							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Circuit Training	Pilates		Circuit Training			
7:00		TRX		TRX			
7:30	Beg/Int Spin		Beg/Int Spin		Beg/Int Spin		
8:00	High Fit	High Fit	High Fit			Tone & Sculpt	
9:15	Stretching		Stretching		Stretching		

Evening Classes							
4:30		Silver TRX		Silver TRX			
5:15	Begin to Spin		Begin to Spin		Begin to Spin		
5:30	Dance Fit						
6:00		Yoga					
7:30							

Class Name	Description
Total Body Tabata	A version of High Interval Training. It is an exercise strategy with short intervals of intense exercise followed by a short recovery period-repeated 8 times. This equates to burning up to 13 cal/min.
TRX	Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. Silver is slower paced.
Dance Fit	A fusion of music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness.
Yoga	Strong and Steady. Build strength, stability, and balance through a dynamic, intentional flow. Designed for those with an active lifestyle, this class challenges endurance, control, and mindful power while enhancing flexibility. No advanced poses, just smart movement to support a strong body and mind
Cycling/Spin	Cycling/Spin builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing.
High Fitness	Old school aerobics made modern with added intense fitness-based choreography. Interval training moves with jump squats, burpees, tuck jumps, etc. Options given for all levels of fitness. An energetic, fun class.
Tone & Sculpt	Pilates base workout, usually on a mat throughout the class. While using bands, balls, and weights, you'll be working your arms, upper body, legs, and glutes/hamstrings/calf's. Come ready to work!
Booty Buster	A 30-minute workout targeting the glutes. You can expect squats, lunges, glute bridges, deadlifts, band work, donkey kicks, and much more. Come have some fun and feel the burn!
Circuit Training	Circuit training is a fast-paced combination of six or more exercises performed with short rest periods in between. This class is designed to get your heart pumping while simultaneously strengthening your muscles. Tabata, EMOMs, calisthenics, and weights.
Mobility	Foam Rolling, trigger point, and stretching to create mobility.

*****HOURS OF OPERATION*****

Monday-Thursday:5am-9pm Friday:5am-8pm
Saturday:7am-Noon Sunday:3pm-7pm