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| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  | **Strength**  **5:00 – 5:45 AM** | **Cycle**  **5:00 – 5:45 AM** | **Strength**  **5:00 – 5:45 AM** | **Cycle**  **5:00 – 5:45 AM** |  |  |
| **Cardio Step w/ Strength**  **8:30 – 9:30 AM**  **(Dani)** | **Pilates**  **8:30 – 9:30 AM**  **(Karin)** | **Retro Cardio**  **Low to Go**  **8:30 – 9:30 AM**  **(Dani)** | **Yoga 60**  **8:30 – 9:30 AM**  **(Dani)** |  | **Circuit**  **8:00-8:55 AM (Rotates)**  **Pat, Autumn, Karin** | **Yoga 60**  **4:00-5:00 PM (Pat)** |
|  |  |  |  |  |  |  |
| **Forever Fit**  **11:00 – 11:45 AM**  **(Karin)** | **Cycle Express**  **12:00-12:30**  **(Shanon)** | **Forever Fit**  **11:00 – 11:45 AM**  **(Karissa)** | **Cycle Express**  **12:00-12:30**  **(Shanon)** | **Forever Fit**  **11:00 – 11:45 AM**  **(Karin)** |  |  |
|  | ***Fall Proof Class***  ***1:30 – 2:30***  ***This is a Specialty Class*** | **Pilates Lite**  **12:15 – 1:00 PM (Karin)** |  | **Yoga 45**  **12:15 – 1:00 PM**  **(Marianne)** | ***See class descriptions***  ***on the next page!*** |  |
| **All in 1**  **4:30 – 5:30 PM**  **(Karin)** | ***Signups thru Carnahan required*** | **All in 1**  **4:30 – 5:30 PM**  **(Karin)** | **Sculpt & Step**  **4:30 – 5:30 PM**  **(Gina)** |  |  | |
| **Cycle**  **5:45 – 6:30 PM**  **(Autumn)** | **TBS**  **5:30 – 6:30 PM**  **(Pat)** | **Cycle**  **5:45 – 6:30 PM**  **(Jessica)** | **YOGA 60**  **5:45 – 6:45 PM**  **(Pat)** |  |  |  |
|  | **Zumba**  **7:00 – 8:00 PM**  **(Erik)** | **Zumba**  **7:00 – 8:00 PM**  **(Erik)** | **Zumba**  **7:00 – 8:00**  **(Isabel)** |  |  |  |

**CLASS DESCRIPTIONS**

**All in 1:**

This 1 hour class will include a full body workout. First quarter - a warm up into legs and butt, second quarter upper body strength work, third quarter CORE ending with the fourth quarter a good long stretch including mobility work. A great full body workout.

### Cycle, Cycle Express

Cycle (aka Spinning) workouts are for everyone! Open to all ages and fitness levels, cycling is a non-impact cardiovascular workout that uses specially designed stationary bikes. Cycle classes range from 40-55 minutes. Cycle Express is a quick 30 minute class.

### Circuit:

This athletically challenging 55-minute Circuit Class rotates stations that could include cycle, rowing, upper body strength, lower body strength, abs and a stretch. This is a great class for every fitness level!

**Forever Fit:**

**Mondays:** We focus on strength training the whole body using free weights, body bars, tubing and a variety of weighted balls. The emphasis is on safe and effective exercises, a great place to re-start your fitness journey. Expect balance challenges and stretching at the end of this 45 minute class.

**Wednesdays:** Focus on bodyweight exercises and interval training. This class is an opportunity to learn the basic exercises that can get as intense as you would like. The class is 45 minutes long.

**Fridays:** We like to call this class Fun Fridays because we focus on “old school” cardio dance routines. This class will get the heart pumping and your body moving, ending with abs and a long stretch. The class is 45 minutes long.

**Pilates:**

This ultimate mind-body class is a workout that will improve your strength, balance, stability and flexibility. Along with the original Pilates exercises, this class will explore new exercises using various tools to strengthen and stabilize the core. Participants should leave feeling relaxed, refreshed, and as if their muscles have lengthened. Please bring your own Thera-Band and Sticky Mat

**Pilates Lite:** This mind-body class is geared towards the person who is new to Pilates and would like to learn the basics in a very relaxed, non-competitive environment. For those who would like a great stretch, especially good for those who are really tight, with some core conditioning. This workout will improve your core strength, balance, stability and flexibility. Participants should leave feeling relaxed, refreshed, and as if their muscles have lengthened. Please bring your own Thera-Band and Sticky Mat

\*\*\*\* The 3 Mat Pilate Classes that are offered at the gym are included in the gym membership.

\*\*\*\*Pier Pilates Reformer Sessions, located at our studio, are not included in the gym membership. You can purchase separately and does not require a gym

membership.

### Retro Cardio Low to Go:

Invigorating low impact aerobics class using basic cardio choreography followed by standing and floor work with weights. 60 minutes in total.

### Sculpt & Step, Cardio Step w/ Strength, Step & Strength: Cardio on the Step to bring up your heart rate and burn those calories and Strength to make you look and feel great! Look forward to a full stretch at the end of class.

### TBS:

Each strength class is designed, in its own unique way, to focus on strengthening the entire body to support everyday functions and activities. With a concentrated focused upper body, lower body and core to get us there safely. Come, workout with our skilled instructors and join the group. Each class ends with a full body stretch.

### Yoga 45 / 60:

This 45 / 60-minute class is a play on traditional yoga and toning exercise to emphasize yoga’s strength and flexibility benefits with ‘breath-to-movement’ connections. Beginners to advanced students will enjoy this unique mix of flow patterns and toning inspired exercises. Please bring your own Thera-Band and Sticky Mat

### Zumba:

Ditch the workout! Join the party! Very few verbal cues in this cardio dance class, hear the music….feel the beat…and join the fun!