

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

7:00

*Studio Cycle Beats*

DAVE G

**MORNING BOOTCAMP FUSION**

MARJORIE

YOGA FOUNDATION

KATHRYN

*Cycle Ride* + **SCULPT**

NICOLE

7:30

11:00

11:10

**ADRENALINE HIT**

SHERRY

*Studio Cycle Beats*

JACQUI S

**RAGE** *and Restore*

BRENDA

*Studio Cycle Beats*

NICOLE

*Yoga*  
**RECOVERY ROOM**

*Gina*

11:30

**CONNEXUS CIRCUIT**

EMMA

12:05

*Barre body Blast!*

KATHRYN

YOGA FOUNDATION

**BRO-GA**

TRACIE

**UPPER BODY** *& Core*

TAMMI

**LOWER BODY** *& Core*

JOJO

WEEKEND WARRIOR

SHERRY G

12:05

**CONNEXUS CIRCUIT**

JAY O

16:30

17:15

YOGA FOUNDATION

**BRO-GA**

KATHRYN

## *Studio Cycle Beats*

An exciting and challenging class with energizing music to help you cover a combination of indoor terrain trails. A variety of intensities mixed up at your own level make this a class for all abilities.

## **ADRENALINE HIT**

A total body muscular conditioning class designed to increase your strength and endurance. You will be utilizing a variety of props and weights through all ranges of motion. Suitable for all fitness levels.

## *Barre body Blast!*

Strengthen, lengthen and tone to energize your day! You will use body weight and small weights to sculpt, slim and stretch your entire body. This class uses a variety of core and lower body muscles, and yes, you will be sore tomorrow... you're welcome!

## **MORNING BOOTCAMP FUSION**

This class is a mix-up of strength, cardio and flexibility conditioning for a potent total body workout to start your day off strong and energized!

## **CONNEXUS CIRCUIT**

Harness your potential and learn the basics of the TRX, S drive, rowing machine, and a variety of strength and conditioning exercises to build power, help with balance, overall strength, stamina and flexibility.

## **YOGA FOUNDATION BRO-GA**

Can't touch your toes? Suffering from cement shoulders and/or really tight hips? This yoga based program will introduce how to focus on strength, breathing, balance and coordination to help de-stress and focus your body and mind.

## **RAGE** *and Restore*

Start this class with a mobility/body training preparation followed by 25 minutes of work! Full body anaerobic, core and strength intervals will challenge you, and then recover with 15 minutes of stretching, fascial release and opening postures to leave you feeling energized for the rest of your day.

\* Please note that this is an intermediate to advance fitness class \*

## **UPPER BODY** *& Core*

A weekly program of new and familiar exercises paired with a solid core workout to add a fun mix-up to your fitness regime. The focus is on proper technique, alignment, body awareness and stabilization while executing the movements properly. All abilities welcome!

## *Cycle Ride* **+ SCULPT**

Waking up is hard to do, so take a cycle class! Add some free weights for an amazing ride and strength combo to get you motivated!

## **LOWER BODY** *& Core*

The focus is on proper technique, alignment, body awareness and stabilization while executing the movements properly. Weight training will help to shape and strengthen your lower body muscles.

## *Yoga* **RECOVERY ROOM**

Restorative Yoga sessions allow the body to slow down, relax, reduce stress and replenish energy levels. Each pose is held longer than in conventional classes, Standing and strengthening postures are removed from this class. Please bring a yoga mat if you have one.

## **WEEKEND WARRIOR**

End your week the right way with one more great workout. A full body workout that will make sure that you are ready for what ever comes at you in the following days.