GROUP FITNESS SCHEDULE | OCT. 2017

SPORTS CORE

MONDAY

Time	Class	Location	Instructor
5:30-6:15am	Get Your RX	Studio A	Jaycob
5:45-6:30am	Cycle	Studio B	Michelle Z
7:00-7:55am	Body Basics	Studio A	Margo
8:00-8:30am	Step Express	Studio A	Margo
8:15-9:00am	Cycle	Studio B	Judi
8:30-9:00am	Lift Express	Studio A	Margo
9:00-10:00am	Aqua Interval	FP	Kay
9:10-9:55am	Pilates Barre	PL	Judi
9:15-10:00am	TRX	PZ	Charity
9:15-10:00am	Pilates Mat	Studio A	Christine H
12:15-12:45pm	TRX Body Blast	PZ	Lynn
4:45-5:20pm	Ripped Express	Studio A	Michelle B
5:30-6:30pm	Kickfusion	Studio A	Mikki or Charity
5:45-6:30pm	Cycle	Studio B	Heather
6:00-7:00pm	Barre	PL	Erika F

THURSDAY

Time	Class	Location	Instructor
5:30-6:15am	TRX Boot Camp	PZ	Jake A
5:45-6:15am	Zumba Express	Studio A	Mikki
7:00-8:00am	Aqua Fit	FP	Donna
7:30-8:00am	Flex & Core Express	Studio A	Christine H
8:10-9:00am	Cycle	Studio B	Lauren
8:15-8:45am	AI CHI	FP	Donna
8:15-9:00am	Circuit Strength	FTC	Christine
9:15-10:00am	20-20 Fitness	Studio A	Erika F
9:15-10:00am	Cycle	Studio B	Judi
10:15-11:00am	Group Strength	Studio A	Lynn
12:15-12:45pm	Lift Express	Studio A	Lynn
5:15-5:55pm	Bootcamp	Studio A	Jaycob
6:00-6:45pm	Strength in #'s	Studio A	Susie
7:00-7:30pm	Pilates Express	Studio A	Lynn

Oct. 10-Nov. 28 | Tuesdays: Yang Style Tai Chi
**pre-registration required*

Oct. 9, 16 & 23: Waltz Ballroom Dance
**pre-registration required*

TUESDAY

Time	Class	Location	Instructor
5:45-6:15am	Lift Express	Studio A	Mikki
7:00-8:00am	Aqua Fit	FP	Donna
7:15-8:00am	Yoga Fundamentals	Studio A	Alex
8:00-8:30am	Core & More	Studio A	Judi
8:10-9:10am	Cycle	Studio B	Jake
8:30-9:00am	Balance	Studio A	Judi
9:15-10:00am	Zumba	Studio A	Kristi
9:15-10:00am	Cycle	Studio B	Lynn
9:15-10:00am	Fast & Strong	TS	Jaycob
10:15-11:00am	Group Strength	Studio A	Lynn
12:15-12:45pm	Lift Express	Studio A	Lynn
5:15-5:55pm	Strength in #'s	Studio A	Kristin
6:00-6:45pm	Zumba	Studio A	Ashley
6:00-6:45pm	Cycle	Studio B	Jake A
6:00-6:45pm	Pilates Chair	PL	Lynn
7:00-7:30pm	Flex & Core Express	Studio A	Lynn

FRIDAY

Time	Class	Location	Instructor
5:45-6:45am	TBC	Studio A	Erika H
5:45-6:45am	Cycle	Studio B	Natasha
7:00-7:55am	Body Basics	Studio A	Margo
8:00-8:30am	Step Express	Studio A	Cindy
8:15-9:00am	Spinterval	Studio B	Erika F
8:30-9:00am	Lift Express	Studio A	Cindy
9:00-10:00am	Aqua Interval	FP	Joanne
9:10-9:55am	Pilates Barre	PL	Judi
9:15-10:00am	Pilates Plus	Studio A	Lynn
10:15-11:00am	RIPPED	Studio A	Michelle B
12:15-1:00pm	Get Your RX	Studio A	Jaycob

WEDNESDAY

Time	Class	Location	Instructor
5:30-6:00am	Abs Express	Studio A	Erika H
6:00-6:45am	TBC	Studio A	Erika H
6:00-6:45am	Cycle	Studio B	Natasha
7:00-7:55am	Body Basics	Studio A	Margo
8:00-8:30am	High/Low Express	Studio A	Margo
8:15-9:00am	Spinterval	Studio B	Charity
8:30-9:00am	Lift Express	Studio A	Margo
9:00-10:00am	Aqua Interval	FP	Joanne
9:15-10:00am	Pilates Mat	Studio A	Nikki
10:15-11:00am	RIPPED	Studio A	Michelle B
12:15-12:45pm	Tabata & Core	Studio A	Michelle B
4:45-5:30pm	RIPPED	Studio A	Michelle B
5:30-6:30pm	Kickfusion	Studio A	Mikki
5:30-6:30pm	Cycle	Studio B	Therese B
5:45-6:30pm	Yoga Fundamentals	Classroom	Rachael
6:00-6:45pm	TRX	PZ	Elliot

SATURDAY

Time	Class	Location	Instructor
7:00-8:00am	Aqua Fit	FP	Staff
7:30-8:15am	Cycle	Studio B	Staff
8:00-9:00am	Cardio Intervals	Studio A	Kristin
8:45-9:30am	Body Blast TRX	PZ	Lynn
9:00-10:00am	Zumba	Studio A	Staff

SUNDAY

Time	Class	Location	Instructor
7:30-8:15am	Cycle	Studio B	Staff

ALL GROUP FITNESS CLASSES ARE COMPLIMENTARY TO MEMBERS!
**Hotel Guests: $15/class*

KEY

PZ= Performance Zone
FTC= Fitness Training Center
FP= Family Pool
PL= Pilates Room
TS= Training Studio

Limited Space Available.
Classes marked in green are also complimentary but require advanced registration to guarantee a spot. Register in Club Automation up to a week in advance.

CARDIO & STRENGTH

20-20 Fitness
All levels. This high-energy class delivers 20 minutes of resistance training paired with 20 minutes of cardio and core exercises.

Abs Express
This class will focus on 7-10 ab moves you can do on your own other days of the week. Finish up with a brief run to warm up your muscles and burn a few more calories.

Balance
Through flexibility, mobility and strengthening exercises you can improve your balance and stability. Mindful movement, focus and control.

Body Basics
All ages and ability groups. A challenging but gentle-to-the-joints combination of cardiovascular exercise, strength, balance and flexibility activities.

Cardio Express
All levels. Rotates weekly between bosu, step, and cycle.

Cardio Intervals/Boot Camp
High-energy class offers total variety for muscles and cardiovascular system. Expect anything! May include cardio drills, kickboxing moves, high intensity/low intensity intervals, simple gym moves and training circuits.

Circuit Strength
Using strength equipment in the Fitness Center along with core work.

Core & More
The name says it all! 30 min of working core, glute and legs. Stability vs mobility at its best.

Fast & Strong
Tabata training switching from smooth, controlled strength moves and fast, cardio moves. During rest periods, you will perform core exercises.

Flex & Core Express
Increase flexibility, range of motion and stabilization of core by incorporating exercises that use foam rollers, bands and fit balls. Great complement to Pilates and Yoga training.

Get your RX
Prescribed 3-5 min cardio burst of intensity, along with intervals of strength. The goal is to push your anaerobic systems to their ultimate max capacity.

Group Strength
High Intensity complete strength workout using a variety of fitness equipment.

High/Low Express
30 minutes of high/low cardio without the high impact of many HIIT programs. No equipment used...just your feet-moving to the beat.

Kickfusion
Beginner to intermediate. Workout combining kicking and punching combinations with strength moves to engage multiple muscles while increasing body awareness and control.

Lift Express
All levels. Go at your own pace. Complete strength program.

Pilates Barre & Barre
Define your body with this total-body, Pilates-inspired Barre workout. Incorporate principles of functional strength training, Yoga, & Pilates to lengthen and strengthen your arms, legs and core from head to toe.

Pilates Chair (Pilates)
Utilize the Pilates Chairs and other accessory tools to achieve a powerful, mindful body workout that will increase strength, flexibility, balance, and mobility.

Pilates Mat
All levels. A mixed-level mat Pilates class that focuses on exercises to strengthen muscles and add flexibility. Variations offered to students.

Pilates Plus
Higher intensity pilates mat.

RIPPED
Features a series of high-intensity segments designed to burn calories and tone the body using resistance, intervals, power, plyometrics, and endurance.

Step Express
Beginner to intermediate. Low impact aerobics and strength work that is easy on the joints but with cardio overtones.

Strength in #'s
High Reps, low-moderate weights. Use a mix of gym "toys" to rev metabolism through pure strength training.

Tabata & Core
Tabata is a high Intensity interval training method that follows a specific format of 20 seconds cardio/strength, followed by 10 seconds of rest. This class format will be 15 min Tabata with 15 min core.

TBC
High Intensity- Cardio- Strength- Core. Weather dependent, this class will head outdoors, so please be sure arrive on time as we head out promptly. If you do arrive late, please check the dry erase board by Studio A for class location.

TRX
Different class formats and equipment added each week. Guaranteed to challenge your mind and body each week.

Body Blast TRX
A fun, fast paced, full body conditioning workout where the music is the driving force.

TRX Boot Camp
High intensity workout to challenge muscular strength and core function with every exercise. Utilizes interval training to challenge individuals of all levels and will give you a total body workout in just 45 minutes.

Yoga Fundamentals
For beginners and anyone who wants a review of the basic elements of a yoga practice. Taught in a safe and engaging learning environment. We will focus on the shapes of the postures, the principles of alignment, utilizing the breath, and the language of yoga.

Zumba
All levels. Zumba combines high-energy and motivating Latin music with unique moves and combinations. No dance experience required.

CYCLE

Cycle
*Intermediate. Indoor group cycling where you will discover the athlete within. Intense, exhilarating and easy on the joints. This program is limited to a max of 20 participants per class.

Spinterval
Incorporates intervals of strength and core exercises off the bike with high cardio bouts on the bilke. HIT CYCLE is at a higher intensity.

AQUATIC

Al CHI
Use breathing techniques and progressive resistance training in water to relax and strengthen the body, based on elements of qigong and Tai chi chuan.

Aqua Fit
Beginner to intermediate. A low-impact, complete workout.

Aqua Interval
Beginner to intermediate. Alternating aerobic intensity intervals. Strength work included.