

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 a.m.						STRONG <i>Vicki</i>	WPAY ▶ <i>Maureen</i>
8:30 a.m.	Rep & Step <i>Melissa</i>						
9 a.m.			What a Waist <i>Dawn</i>	What a Waist <i>Dawn</i>			
9:15 a.m.					Iron Yoga <i>Maureen</i>	Yoga <i>Rose</i>	
10:30 a.m.					Yoga Stretch <i>Maureen</i>		
5:30 p.m.			STRONG <i>Vicki</i>				
6 p.m.		Zumba Sculpt <i>Betty</i>		Zumba Sculpt <i>Betty</i>			
6:45 p.m.			Zumba Latin Rhythm <i>Vicki</i>				
7:30 p.m.		Yoga		At the Bar(bell) <i>Eric</i>			

UNMARKED CLASSES ARE ONE HOUR IN LENGTH

■ 30-minute class ▶ 90-minute class

CLASS DESCRIPTIONS

At the Bar(bell): Push to the max through a total-body workout that utilizes methods of kickboxing, cycling, weight training and circuits.

Iron Yoga: Introduce yourself to yoga with a class that teaches yoga pose basics, light weight work and a comprehensive yang workout.

Rep & Step: This energizing cardiovascular and strength workout is designed to sculpt and tone your body using weights and equipment.

STRONG: Using only bodyweight, this revolutionary workout is led by music that focuses on sequences of movement. Crush your fitness goals by combining strength, flexibility and stamina exercises.

WPAY: (Weights, Pilates & Yoga) This 90-minute class combines weight training, pilates and yoga to sculpt a strong and flexible body. All levels are encouraged to attend!

What a Waist: Slim down your waist in this fun class that incorporates kickboxing, tabata interval training and step aerobics. No two classes are the same!

Yoga: The focus of yoga is balanced integration of body, mind and spirit. Postures and posture flows bring increased strength and flexibility to the body.

Yoga Stretch: This class will start with light balance work before proceeding onto mats for deep stretching that promotes relaxation and balance.

Zumba Sculpt: Join this fiercely fun fitness class that incorporates pop, rock and hip-hop music while strengthening and sculpting abs, hips, glutes and legs. Don't miss this dance party!

Zumba Latin Rhythm: Ditch the workout and join the party- Latin rhythms and easy-to-follow dance steps will give you a total-body, fun cardiovascular workout.