

HEALTHY LIVING

Improving the nation's health and well-being.



HEALTH, WELL-BEING & FITNESS

LAND						
Classes are held in the Group Exercise Studio, North Gym and Loft. See key at lower right						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
6:00-7:00am	***Cycle	***Boot Camp	***Cycle	***Boot Camp	*** Cycle	***Boot Camp 7:15-8:30am
8:15-9:25am	***Boot Camp	***Zumba 8:15-9:15am	***Boot Camp	***Zumba 8:15-9:15am	***Boot Camp	
8:30-9:30am	*Gentle Yoga	*Strength for Seniors	*Gentle Yoga	*Strength for Seniors	*Gentle Yoga	*Power Yoga
9:00-10:00am		***Spin & Sculpt 9:15-10am		***Group Cycle 9:15-10am		***BootCamp 9-10:30
9:30-10:15am	***Body Sculpt *Pilates 9:30-10:30	*Pi/Yo 9:30-10:30	***Body Sculpt *Pilates 9:30-10:30	*Pi/Yo 9:30-10:30	***Cycle *Pilates 9:30-10:30	
10:15-10:30am	***Ab Attack		***Ab Attack			
10:30-11:30am					***Zumba Gold	***Zumba
12:10-12:50pm	*Pilates/GES ***Noon Express ***Zumba 1-2	***Group Cycle * S.M.B.	*Pilates/GES ***Noon Express ***Zumba 1-2	***Group Cycle * S.M.B.	*Pilates Plus ***Noon Express ***Zumba 1-2	SUNDAY ***Zumba for Families 1:30-2:30
1:00-1:45pm	*Specific Needs Yoga					Martial Arts Exercise 1-2
4:30-5:15pm	**Zumba 4:45-5:45pm	***Step Fusion *Zumbatomic 4:30-5pm	***Pilates Principle 4:10-4:50 **Zumba 4:45-5:45	***Step Fusion		
4:45-5:30pm	***Group Cycle		***Group Cycle			
5:00-6:00pm		***Ab Attack 5:15-5:30pm	*Tai Chi	***Ab Attack 5:15-5:30pm	***Zumba	
5:30-6:30pm	***Body Sculpt	*Ab Attack 5:30-6:00 ***Cycle 5:30-6:15	***Body Sculpt	***Cycle 5:30-6:15 **Zumba 6:20-7:20		
6:00-7:00pm	*Pilates	*Yoga 6:15-7:15pm	*Pilates	*PowerYoga 6:15-7:15pm		
6:30-7:15pm	***Cycle	***Boot Camp 6:20-7:20	***Boot Camp 6:45-8:00			
After 7pm	*Martial Arts Exercise 7-8	***Zumba 8:30-9:30				

Cost: Members Free

Program Participants \$65 per class type /6 weeks

Classes held in:

*Group Exercise
Studio(GES)
**North Gym
*** Loft

Classes are subject to change, based on participation.