

GROUP X CLASS SCHEDULE

CYCLING

MIND/BODY

CARDIO/STRENGTH

August 2025

		MON	TUE	WED	THU	FRI	SAT
MORNING			8:00 TOTAL BODY <i>Studio 1 - Renae</i>			8:00 MAX BURN <i>Studio 1 - Renae</i>	
	8:30 CYCLING GROOVE <i>Studio 2 - Dana</i>	9:00 PILATES XPRESS <i>Studio 1 - Renae</i>		9:00 CYCLING HIIT (30 MIN) <i>Studio 1 - Nancy R</i>		8:30 INTERVAL INSANITY <i>Studio 1 - Fran</i>	
		9:30 KICKBOXING BOOTCAMP <i>Studio 1 - Nancy R</i>	9:30 CYCLING CLASSIC <i>Studio 2 - Elizabeth</i>	9:30 KETTLE BELL XTREME <i>Studio 1 - Nancy R</i>	9:30 CYCLING RHYTHM <i>Studio 2 - Nicole</i>		
	9:30 KOGA <i>Studio 1 - Jon Koga</i>		9:30 INTERVAL INSANITY <i>Studio 1 - Roy</i>		9:45 TOTAL BODY <i>Studio 1 - Luanne</i>	9:30 KOGA <i>Studio 1 - Jon Koga</i>	
	11:00 SILVER SNEAKERS <i>Studio 1 - Joy</i>	11:00 SILVER SNEAKERS <i>Studio 1 - Luanne</i>	11:00 SILVER SNEAKERS <i>Studio 1 - Michele</i>		11:00 SILVER SNEAKERS <i>Studio 1 - Luanne</i>	10:30 ZUMBA <i>Marcia</i>	
AFTERNOON/EVENING							
	5:30 KICKBOXING BOOTCAMP <i>Studio 1 - Francesca</i>						
	5:30 CYCLING PUMP <i>Studio 2 - Karen</i>	5:30 CYCLING HIIT (30 MIN) <i>Studio 1 - Melisa</i>	5:30 BOOTCAMP <i>Studio 1 - Melisa</i>	5:30 MAX BURN <i>Studio 1 - Danielle</i>		8:00 CYCLING RHYTHM <i>Studio 2 - Karen</i>	
		6:00 TOTAL BODY <i>Studio 1 - Melisa</i>				9:00 BOOTCAMP <i>Studio 1 - Melisa</i>	
	6:45 ZUMBA <i>Marcia</i>		6:45 ZUMBA <i>Lilian</i>			10:15 ZUMBA <i>Lilian</i>	
<p>* All classes accommodate all levels and are 55 minutes long unless designated as Xpress. Xpress classes are 30 minutes long. Please arrive a few minutes early for setup and proper warm up. Classes with consistent low attendance are subject to change.</p>							

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*** SOME CLASSES LISTED ARE NOT ON CURRENT SCHEDULE ***

CARDIO & STRENGTH BASED CLASSES

BOOT CAMP	Burn, baby, burn! A total body workout combining cardio along with muscle conditioning to burn calories and burn muscle. Intervals, drills, stations, kickboxing, dance, aerobics, step...anything goes. Always a different workout, always a challenge...are you up for that challenge?!
INTERVAL INSANITY	An insane interval workout that involves alternating high-intensity exercises with low-intensity strength training to build endurance and burn insane calories. Brave enough to face the insanity?
KOGA	KOGA takes the best of kickboxing and Yoga and fuses them together for a fun, exciting workout that is sure to get results. Great for people of all ages fitness level and abilities. Exercise your body and mind!
KETTLE BELL XTREME	This class utilizes the Kettle Bell along with other equipment for a combination of cardio, strength, and core training to create maximum results in minimal time!
SILVER SNEAKERS	Classic - Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Circuit - Circuit format that alternates cardio and strength training for a total body workout. Yoga - Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.
ZUMBA™	Ditch the workout and join the party — exercise has never been so fun! This fun, easy to follow cardio dance class combines high energy and motivating Latin music. Unique moves and combinations will make you feel like you are partying on the dance floor. Zumba is the best way to “dance away your worries”!
ENCORE EXPRESS	A 30-minute class to strengthen your core and define your abdominal muscles for those 6-pack abs you always wanted!
TOTAL BODY TRAINING	This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.
KICK BOX BOOT CAMP	Kickbox your way through a high energy class. You will kick, punch - and then add boot camp elements! Great way to maximize your time!
MAX BURN	Max Burn training is designed to build muscle and scorch body fat utilizing specific training intervals that will torch those calories. But don't worry - there is recovery, too!
PILATES XPRESS	30 minutes of precise movements, controlled breathing and muscle engagement for core strength and stability.

CYCLE CLASSES

FUNDAMENTALS	Whether you're a novice or looking to brush up on your cycling skills, our 30-minute class is designed just for you! You'll learn how to set up your bike properly, including adjusting the seat and handlebars for a perfect fit. Our instructor will guide you through the setup and use of the Coach by Color Console, helping you understand the different training zones.
CLASSIC	Get ready to experience the best of both worlds with our Classic cycling class. This class blends all the elements of outdoor cycling into a dynamic indoor ride. Our expert instructor will lead you through exhilarating uphill climbs, thrilling downhill runs, and high-energy sprints and intervals. With rest and recovery periods strategically placed, you'll be able to push your limits while enjoying a balanced workout.
RHYTHM	Now, let's take your Classic ride and add a heart-pumping twist. With the guidance of our instructor and the rhythm of tempo music, you'll lose yourself to the beat and pedal like never before. Feel the adrenaline as you get lost in the rhythm, pushing yourself to new heights and enjoying every moment on the bike.
GROOVE	In this dynamic cycling class, you're not just cycling - you're moving with the beat. This energetic ride incorporates synchronized movements with faster speeds and challenging drills, making it feel like you're dancing on the bike. If your goal is to burn calories while having fun and forgetting you're even exercising, then let's Groove!
PUMP	Experience the perfect blend of indoor cycling and strength training in this dynamic class. You'll alternate between high-energy intervals on the bike and upper body strength exercises off the bike, delivering a full-body workout like no other. Elevate your fitness journey by combining cardio and strength in one invigorating session.
H.I.I.T.	Think you don't have enough time for cardio with your busy schedule? This 30-minute class is perfect for you! Incorporating quick bursts of high-intensity intervals followed by short recovery periods, this workout will get your heart pumping and calories burning in no time. Pair this cardio session with your favorite strength training class to elevate your fitness routine to the next level.

RESERVATIONS REQUIRED FOR ALL CLASSES