

# GROUP X CLASS SCHEDULE



MAY 1ST, 2026 - MAY 31ST, 2026

SPIN CLASS

MIND/BODY

CARDIO/STRENGTH

Senior Classes

	MON	TUE	WED	THU	FRI	SAT
MORNING	5:30  SPINNING	6:00 E.V.O.L.V.E	5:30  SPINNING	6:00 E.V.O.L.V.E	5:30  SPINNING	
	8:30 BARRE - LESS	8:30 POP PILATES	8:00 YOGA	8:30 TOTAL BODY TRAINING	8:30 E.V.O.L.V.E	8:00 MAX BURN
						9:00  SPINNING
	9:30  SPINNING	9:30 KOGA PUMP'd	9:30  SPINNING	9:30 KOGA	9:30  SPINNING	9:00  ZUMBA fitness
						10:00 Zumba Gold
	11:00 SILVER SNEAKERS	11:00 SILVER SNEAKERS CIRCUIT	11:00 SILVER SNEAKERS	11:00 SILVER SNEAKERS	11:00 SILVER SNEAKERS YOGA	
AFTERNOON / EVENING						<b>SUN</b>
						MORNING
		5:30  SPINNING	5:30 BARRE - LESS	5:30  SPINNING		8:00 TOTAL BODY TRAINING
	5:30 E.V.O.L.V.E	5:30 TOTAL BODY TRAINING		5:30 KOGA LIFT		9:00 HIIT THE TRAIL
					6:00  ZUMBA fitness	9:00 YOGA
	6:30  ZUMBA fitness	6:30 KICK PUNCH & BURN	6:30  ZUMBA fitness	6:30 STEP & TONE		

\*RESERVATIONS REQUIRED FOR ALL CLASSES\*

# GROUP X CLASS SCHEDULE

## MAY 1ST, 2026 - MAY 31ST, 2026





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

### CARDIO & STRENGTH BASED CLASSES

<b>CARDIO KICK BOX</b>	This A kickbox cardio workout that will help you improve endurance and coordination. Learn proper techniques for punches and kicks in this non-contact class. This workout will challenge your stamina and coordination—and get your heart racing—as we layer moves together into kickboxing combos. All levels welcome, no gloves needed.
<b>STEP INTERVAL TRAINING</b>	This class is a total body workout! Using a height adjustable step and simple movements on, over and around the step, we will use resistance and cardio training techniques improve your endurance and help you build strength, meaning a full body challenge, and none of the boredom that can come with repetitive exercises.
<b>KOGA</b>	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 levels and abilities. Exercise your body and mind!
<b>KOGA PUMP'd</b>	Are you ready to feel the Koga pump? KOGA PUMP'd is H.I.I.T. format will take you beyond your genetic potential by incorporating traditional Koga fitness with proven body building principles to stimulate great results.
<b>ZUMBA™</b>	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”!
<b>EVOLVE!</b>	This is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.
<b>KICK, PUNCH, &amp; BURN</b>	A high-energy fusion of kickboxing and strength training designed to burn fat, build lean muscle, and improve endurance. Interval-based training keeps your heart rate up, followed by core work and stretching. Suitable for all fitness levels with low and high-impact options available.
<b>STEP &amp; TONE</b>	A high-energy step and strength workout designed to improve cardio endurance, coordination, and lower-body strength while toning the entire body. Interval-based training alternates step combinations with weight work to boost calorie burn and build lean muscle. Suitable for all fitness levels with modification options available.
<b>TOTAL BODY TRAINING</b>	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.
<b>KICK BOX BOOT CAMP</b>	Kickbox your way through a high energy class. You will kick, punch – and add boot camp elements! Great way to maximize your time!
<b>CORE AMP'd</b>	Ramp up your fitness routine with CORE AMP'd! Strengthen and tone your entire body while increasing flexibility and mobility. A fun, dynamic workout for all ages and abilities.
<b>TOTAL STRENGTH</b>	A strength training-based workout guaranteed to strengthen and challenge you. There is no cardio in this class – just straight strength training.
<b>KOGA LIFT</b>	This routine pairs heavy barbells and dumbbells with low reps, the perfect power couple for building more metabolically active lean muscle mass. Along with core strength you will torch body fat and sculpt your entire body. Suited for all levels to help reach your fitness goals!
<b>KOGA CORE</b>	Formerly called 100% Abs and Core. 30 minute class targeting all components of the abdominals and core. Everyone wants great abs! Let us chisel your core!

### CYCLE CLASSES

<b>RHYTHM RIDE</b>	Sometimes you just have to let the music speak! Enjoy this indoor cycling ride by pushing your limits through the energetic, inspirational, results oriented music. Challenge yourself with intervals and intense drills that are choreographed specifically to work with the highs and lows in the music. This will be the ride of your life!
 <b>SPINNING</b>	Ready to take your cycle class to the next level? This is a 45 or 60 min ride where you train like an athlete and find your inner competitor. Spin class can burn anywhere from 600–1000 calories depending on the intensity of the instructor and the amount that you push yourself. It relies on a combination of fast-paced cycling and strategic lighter rest intervals to get you recovered for the next burst. This ride will improve your endurance and muscular strength through low impact/high intensity work sure to leave you drenched in sweat, yet inspired to come back for more!
 <b>SPIVI</b>	Spivi is an innovative multi media platform, enhanced 3D visualizing system made for indoor cycling studios and fitness clubs. First, it collects data such as power, cadence, speed, distance, and heart rate from sensors. Then, it combines that data with personal information stored in the cloud, such as age, weight, and performance history. Finally, it generates virtually unlimited visuals, including unique group simulation and real ride courses, leaderboards, videos, and more—all in real-time. You can even personalize your avatar via the SPIVI app and really experience fully immersive, interactive fitness!
<b>HIIT THE TRAIL</b>	Simulating outdoor cycling with High-Intensity Interval Training for all ages and abilities. Energizing music, heart-pumping intervals, and fun weekly challenges!

### YOGA & PILATES BASED CLASSES

<b>YOGA</b>	A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. Just breathe... OM.
<b>YOGA VINYASA FLOW</b>	Vinyasa means to breath synchronized movements. Movements are smooth, flowing, and physically exhilarating - helping you improve energy flow throughout your body. Because of life's stressors, this is the perfect class to release that blockage of energy you may be holding on to. Out with the bad – in with good.
<b>POP PILATES</b>	POP Pilates is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.
<b>PILATES</b>	This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment and muscular balance without adding bulk. If you are looking for that long, lean dancer body, this is the class for you!
<b>BARRE-LESS</b>	One of the hottest trends in the industry – Barre-like exercises without the barre for that long, lean, sculpted look. A total body workout with Ballet, Toning & Stretching. Develop the strength, grace and poise of a dancer. Whether you love ballet or are simply searching for an alternative workout regimen designed to give you a strong, graceful body... this class will deliver results.

### SENIOR CLASSES

<b>ZUMBA GOLD</b>	The perfect dance-fitness party for active older adults! Zumba Gold takes the exhilarating Latin-inspired music and easy-to-follow moves of traditional Zumba and brings it to a lower-impact format that's gentle on the joints. This class is designed to improve cardiovascular health, balance, coordination, and flexibility while keeping the fun, party-like atmosphere alive. No dance experience needed—just bring your energy and get ready to move, groove, and smile!
<b>SILVER SNEAKERS</b>	<b>Classic</b> – increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. <b>Stability</b> – Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls. <b>Yoga</b> – 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.

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