

# GROUP X CLASS SCHEDULE



SPIN CLASS

MIND/BODY

CARDIO/STRENGTH

SHIRLEY JULY-AUGUST 2025

MON

TUE

WED

THU

FRI

SAT

MORNING

5:45



Studio 2- Renae

5:45



Studio 2- Michele

8:30



Studio 2- Jennica

8:30



Studio 2- Kim

9:30



Studio 2- Renae

9:30



Studio 2- Elizabeth

9:00

UniqueXpress  
EnCORE 30

Studio 1- Danielle

9:30



Studio 2- Christine

9:30

BARRE  
FUSION

Studio 1- Jen Pierce

9:30

TOTAL  
BODY

Studio 1- Kim

9:30



Studio 1- Maritza

9:30

MAX  
BURN

Studio 1- Danielle

9:30

Step &  
Tone

Studio 1- Kim

10:30 TOTAL  
BODY

Studio 1- Renae

10:30 INTERVAL  
INSANITY

Studio 1- Elizabeth

10:30 YOGA

Studio 1- Sabrina

10:30 TOTAL  
BODY

Studio 1- Kim

10:30



Studio 1- Maritza

11:30

SILVER  
SNEAKERS

Studio 1- Laura

11:30

SILVER  
SNEAKERS

Studio 1- Kim

SUN

MORNING

8:00



Studio 2- Michele

5:30 TOTAL  
BODY

Studio 1- Elizabeth

5:30 TOTAL  
BODY

Studio 1- Elizabeth

9:00



Studio 1- Treena

6:30



Studio 2-Elizabeth

6:30



Studio 2- Elizabeth

6:30

HAPPY HOUR  
HIP HOP!

Studio 1-Treena

10:00

BARRE  
FUSION

Studio 1-Jen H

6:30



Studio 1- Nicole

6:30 YOGA

Studio 1-Erik

6:30



Studio 1-Maritza

6:30

MAX  
BURN

Studio 1-Sue

AFTERNOON / EVENING

\*RESERVATIONS REQUIRED FOR ALL CLASSES\*

# GROUP X CLASS SCHEDULE

## JULY-AUGUST 2025\*



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

### CARDIO & STRENGTH BASED CLASSES

<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>ZUMBA™</b>	Are you ready to dance yourself into shape? An exhilarating, effective, easy-to-follow, latin-inspired, calorie burning dance fitness party. It never was so much fun to lost weight!
<b>INTERVAL INSANITY</b>	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?
<b>TOTAL BODY</b>	Combine muscle conditioning with light cardio to boost your metabolism, burn calories and lose weight. Sculpt and tone your entire body using free weights, body bars, barbells, medicine balls, stability balls, bosu balls, resistance bands and kettle bells. Class varies per instructor...never the same workout!
<b>KICK BOX BOOT CAMP</b>	A combination of cardio kickboxing with punching bags, weights and traditional boot camp drills for a fast-paced, calorie-blasting workout that will slowly build your strength and endurance for the best you that you can be.
<b>HAPPY HOUR HIP HOP!</b>	Happy hour just got a whole lot more exciting! Join us for Happy Hour Hip-Hop, the class that brings the energy, rhythm, and fun of a dance party to your fitness routine. This high-energy workout combines the best of hip hop, reggaeton, R&B, reggae, and more to get your body moving and your spirit soaring. No dance experience required!
<b>MAX BURN</b>	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!
<b>UNIQUEXPRESS ENCORE 30</b>	Power up your core using stability ball, weights and more for a total body workout! During this 30 minute workout, you will improve strength, increase flexibility and core stability and enhance posture while improving muscle tone for a longer, leaner physique. You will leave feeling powerful!

### SPINNING CLASSES

	This is a 45 or 60 min ride. Spinning classes 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!
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### MIND/BODY 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.
<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.

\*RESERVATIONS REQUIRED FOR ALL CLASSES\*