

GROUP X CLASS SCHEDULE



SPIN CLASS

MIND/BODY

CARDIO/STENGTH

SILVER SNEAKERS

SHIRLEY MARCH-MAY 2026

	MON	TUE	WED	THU	FRI	SAT
MORNING		5:45 SPINNING Studio 2- Michele		5:45 SPINNING Studio 2- Jennica		
					8:30 SPINNING Studio 2- Jennica	8:30 SPINNING Studio 2- Kim
	9:30 SPINNING Studio 2- Renae	9:30 SPINNING Studio 2- Elizabeth	9:00 UniqueXpress ENCORE 30 Studio 1- Danielle	9:30 SPINNING Studio 2- Christine		9:30 TOTAL BODY Studio 1- Kim
		9:30 ZUMBA Studio 1- Maritza	9:30 MAX BURN Studio 1- Danielle	9:30 Step & Tone Studio 1- Kim	9:30 PILATES Studio 1- Paris	
	10:30 TOTAL BODY Studio 1- Renae	10:30 INTERVAL INSANITY Studio 1- Elizabeth	10:30 YOGA Studio 1- Jaclyn	10:30 TOTAL BODY Studio 1- Kim	10:30 ZUMBA Studio 1- Maritza	
		11:30 SILVER SNEAKERS Studio 1- Laura		11:30 SILVER SNEAKERS Studio 1- Kim		
						SUN
AFTERNOON / EVENING						MORNING
						8:00 SPINNING Studio 2- Michele
	5:30 TOTAL BODY Studio 1- Elizabeth	5:30 STEP & TONE Studio 1- Jen H	5:30 TOTAL BODY Studio 1- Elizabeth	5:30 PILATES Studio 1- Paris		9:00 ZUMBA Studio 1- Treena
	6:30 SPINNING Studio 2-Elizabeth		6:30 SPINNING Studio 2- Elizabeth		6:30 HAPPY HOUR HIP HOP! Studio 1-Treena	10:00 BARRE FUSION Studio 1-Jen H
	6:30 ZUMBA Studio 1- Nicole	6:30 YOGA Studio 1-Erik	6:30 ZUMBA Studio 1-Maritza	6:30 MAX BURN Studio 1-Sue		

RESERVATIONS REQUIRED FOR ALL CLASSES

GROUP X CLASS SCHEDULE

MARCH-MAY 2026*



* SOME CLASSES LISTED ARE NOT ON CURRENT SCHEDULE *

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.
CARDIO & STRENGTH BASED CLASSES	
ZUMBA™	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!
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?
TOTAL BODY	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!
STEP & TONE	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.
HAPPY HOUR HIP HOP!	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!
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!
UNIQUEXPRESS ENCORE 30	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!
--	---

MIND/BODY BASED CLASSES

YOGA	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.
PILATES	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!

RESERVATIONS REQUIRED FOR ALL CLASSES