

Day	Time	Duration	Class	Instructor	Location	Notes:
Monday						
FitNation will be open from 10am-5pm New Year's Day	8:45 AM	50	Cycle	Tiffany	Studio 1	Special class - January 29th only
	9:00 AM	60	HydroFit	Diane	Pool	
	9:00 AM	45	Baby Got Back Pop Up	Mandi	Studio 3	
	9:00 AM	45	Body Attack Express™	Kristin	Studio 2	
	10:00 AM	55	Body Pump™	Gina/Elizabeth	Studio 2	
	10:15 AM	45	Zumba™ Gold	Elizabeth/Gina	Studio 3	
Please see special class Schedule	5:30 PM	50	Body Attack™	Mandi	Studio 2	
	5:30 PM	50	Cycle	Linda	Studio 1	
	5:30 PM	50	Zumba™	Elizabeth/Gina	Studio 3	
	6:30 PM	55	Body Balance™	Erica	Studio 3	
Tuesday						
	5:30 AM	60	Body Pump™ Pop Up	Amy P.	Studio 2	Special class - January 16th only
	7:30 AM	50	Strong & Lean	Amy C.	Studio 2	
	8:30 AM	30	Tabata Cardio	Gina	Studio 2	
	9:00 AM	60	HydroFit	Diane	Pool	
	9:00 AM	45	Core & More	Gina	Studio 2	
	9:45 AM	60	Yoga	Sharon	Studio 3	
	9:45 AM	55	Body Combat™	Elizabeth	Studio 2	
	10:45 AM	45	Zumba™	Elizabeth	Studio 2	
	5:15 PM	45	Piloxing	Erica	Studio 3	
	5:15 PM	45	Body Step™ Express	Denise	Studio 2	
	6:15 PM	60	Body Pump™	Denise	Studio 2	
	6:15 PM	45	Barre	Erica	Studio 3	
Wednesday						
	7:00 AM	50	Cycle	Amy P.	Studio 1	No class January 3rd
	8:30 AM	30	Core Blast	Mandi	Studio 2	
	9:00 AM	45	Body Step™ Express	Mandi	Studio 2	
	10:00 AM	55	Body Pump™	Gina	Studio 2	
	10:00 AM	50	Gentle Supported Yoga	Amy C.	Studio 3	
	11:00 AM	50	Cardio Combo Gold	Gina	Studio 2	
	5:30 PM	45	LIIT Gold	Ilona	Studio 3	
	5:45 PM	55	Body Combat™	Elizabeth	Studio 2	
	6:30 PM	60	Yoga	Amy P.	Studio 3	
Thursday						
	8:30 AM	50	Cycle	Rhonda	Studio 1	
	8:30 AM	30	Core Blast	Mandi	Studio 2	
	9:00 AM	60	Hydrofit	Cyndi	Pool	
	9:15 AM	45	Boot Camp	Mandi	Gym	
	9:15 AM	45	Body Pump Express™	Elizabeth	Studio 2	
	9:30 AM	60	Yoga	Sharon	Studio 3	
	5:00 PM	60	Body Pump™	Denise	Studio 2	
	5:30 PM	45	Power Ride Express	Linda	Studio 1	
	5:45 PM	60	Cardio Pilates	Ilona	Studio 3	
	6:15 PM	45	Boot Camp	Mandi	Studio 2	
	6:15 PM	60	Hydrofit	Rachel	Pool	

Day	Time	Duration (min.)	Class	Instructor	Location	Notes
Friday						
	8:30 AM	30	Strong & Lean 30	Amy C	Studio 2	
	9:00 AM	50	Body Combat™	Amy C	Studio 2	
	10:00 AM	60	Vinyasa Flow	Amy C	Studio 3	
	10:00 AM	45	LIIT Gold	Elizabeth/Gina	Studio 2	
	5:30 PM	60	Zumba™	Chompoo	Studio 2	
Saturday						
	7:45 AM	50	Cycle	Kevin	Studio 1	
	8:45 AM	60	Body Pump™	Denise/Amy P.	Studio 2	
	10:00 AM	60	Body Attack™	Kristin	Studio 2	No class January 20th
	10:00 AM	75	Taste of Les Mills	Group	Studio 2	Les Mills Launch - January 20th only
	10:00 AM	60	Zumba™	Erica	Studio 3	No class January 20th
Sunday						
	8:30 AM	55	Body Balance™	Amy P	Studio 3	
	8:30 AM	50	Cycle	Tiffany	Studio 1	
	9:35 AM	60	Power Yoga	Amy P.	Studio 3	
	9:30 AM	30	Core & More	Elizabeth	Studio 2	
	10:00 AM	60	Body Combat™	Elizabeth	Studio 2	

****CLASS DESCRIPTIONS ARE ON A SEPARATE DOCUMENT****

Please Note: The schedule and instructors are subject to change at any time without notice. You are required to check in at the service desk to pick up a token/band for each class you are attending. Please give it to your instructor before class begins.

FITNATION GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO

BODYATTACK®: A high energy, sports-inspired interval training, cardio workout for building strength, stamina and agility. Combined athletic movements and strength exercises will push you toward your fitness goals. (**Express:** 45 minute class)

BODYCOMBAT®: This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Tae Kwon Do, Tai Chi, and Muay Thai. This non-contact format is supported by strong, powerful music.

BODYSTEP®: Compelling cardio fitness that shapes and tones the legs, improves coordination, bone density, posture and agility with easy to follow choreographed combinations using an adjustable step platform. (**Express:** 45 minute class)

TABATA CARDIO: An intense HIIT cardio workout with 4 minute sets of work consisting of 8 20 sec rounds per set w/ a 10 sec rest.

CARDIO/STRENGTH

BOOT CAMP: This class is a heart pumping, muscle flexing, challenging workout. Simple cardio combinations will be taught with intervals of strength training (weights, tubes, pump bars, etc..) mixed in.

CARDIO COMBO GOLD: A low impact class using different equipment for light cardio and strength exercises! A full body workout that is easier on the joints but full of heart pumping fun!

CARDIO PILATES: Traditional Pilates exercises using a variety of equipment to strengthen and tone the core mixed with easy to follow cardio drills designed to raise the heart rate for a great metabolic conditioning workout. This great balance of cardio and strength exercises is an all over body workout to burn calories and develop muscles at the same time.

LIIT GOLD: A fun, non-impact, fitness class designed for the active older adult, someone new to exercise or someone just getting back into exercise and wants to ease back in. An interval cardio and strength workout consisting timed exercises followed by periods of rest. Different equipment and modalities will be utilized for an all over body workout.

PILOXING: A cardio strength class that includes easy to follow boxing combos intermixed with standing Pilates strength intervals. Participants have an option to take class in bare feet to strengthen the feet and ankles as well as maintain better balance during Pilates.

MIND/BODY **Please bring a Yoga mat to class with you******

BODYBALANCE®: A yoga, Tai Chi, Pilates workout that builds flexibility, strength and leaves you feeling centered and calm.

YOGA: Work all major and minor muscle groups by repeating a series of poses and flowing them together to develop strength, flexibility, endurance and mindfulness.

GENTLE SUPPORTED YOGA: Ideal for anyone with wrist, knee, or shoulder issues who want the physical and mental benefits of yoga. Chairs will be provided to give you a great stretch, help build strength and improve balance without having to get up and down on the mat.

POWER YOGA: Yoga with a kick. Be prepared to move through a combinations of yoga poses that will challenge, lengthen, and strengthen your muscles. You will leave feeling strong and calm.

VINYASA FLOW: An athletic approach to yoga using continuous movements and poses linked with the breath. This will get your heart rate up and have you working up a sweat.

DANCE

ZUMBA®: A fun, Latin, cardio dance class that combines all styles of Latin dance/music.

ZUMBA GOLD®: Zumba moves designed for the active older adult or someone just starting out, new to fitness.

STRENGTH TRAINING

BARRE: A class that utilizes ballet principles to build strength in the lower body. Focus will also be placed on core strength and balance.

BODYPUMP®: A choreographed strength and conditioning classes that uses high repetition with weighted barbells and inspiring music to motivate participants through 10 music tracks. (**Express :45minutes**)

CORE BLAST: This 30 minute class strengthens and stabilizes all the muscles of the core. Different equipment will be utilized to help build a strong and lean midsection!

CORE & MORE: 30-45 minutes of mainly Core Blast training(description above) combined with multi muscular strength moves.

STRONG & LEAN: A multi muscular free style strength class to achieve longer leaner muscle tone and improve muscle endurance! Upper and lower body exercises will be taught together using a variety of different equipment.

Please Note:
Drop-in schedule and instructors are subject to change without notice. All group exercise classes require a token upon entering the class. Please hand your token to the instructor at the beginning of class.

FitNation Hours:
Monday-Thursday:
5:00a-10:00p
Friday: 5:00a-9:00p
Sat & Sun: 7:00a-5:00p
KidNation Child Care Hours:
Mon- Sun: 8:30a-12:00p
Mon-Thus: 4:30p-8:00p

FITNATION GROUP EXERCISE CLASS DESCRIPTIONS (cont.)

AQUATIC

HYDRO-FIT: This class uses water's resistance for an aerobic, strengthening, and ROM workout. The water allows for less joint impact and an increase in hydrostatic pressure.

INDOOR CYCLING

CYCLE: An awesome 50 min indoor cycling class that provides a fun and challenging cardiovascular workout for all fitness levels.

POWER RIDE EXPRESS: This 45 minute class will use powerful music to focus on a high intensity ride to increase your heart rate and burn fat in a shorter amount of time. All skill levels are welcome as modification will be given to reduce the intensity if needed.