

Day	Time	Duration	Class	Instructor	Location	Notes:
Monday						
	8:30 AM	30	Sculpt Series	Mandi	Studio 3	
	8:45 AM	50	Cycle	Tiffany	Studio 1	
	9:00 AM	60	HydroFit	Diane	Pool	
	9:00 AM	45	Booty Burn	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	
	5:30 PM	45	Muscle Mashup and Core	Ilona	Studio 2	temporary instructor change
	5:30 PM	50	Zumba™	April	Studio 3	
	5:45PM	50	Cycle	Linda	Studio 1	
	6:30 PM	55	Body Balance™	Erica	Studio 3	
Tuesday						
	7:30 AM	50	TBS	Joy	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	Body Step™ Express	Denise	Studio 2	
	6:15 PM	60	Body Pump™	Denise	Studio 2	
	6:15 PM	45	Barre	Erica	Studio 3	
Wednesday						
	8:30AM	30	Guts and Butts	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	Supported Stretch & Balance	Diane	Studio 3	
	11:00 AM	50	Cardio Combo Gold	Gina	Studio 2	
	5:30 PM	45	LIIT Gold	Ilona	Studio 3	
	5:45 PM	60	Body Combat™	Elizabeth	Studio 2	
	6:30 PM	60	Yoga	Amy	Studio 3	
Thursday						
	8:30 AM	50	Cycle	Rhonda	Studio 1	Please see special Thanksgiving Schedule for 11/27. FitNation Hours 7:00am - 12:00pm
	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	
	10:15 AM	30	Foam Roll and Release	Elizabeth	Studio 2	
	5:00 PM	60	Body Pump™	Denise	Studio 2	
	5:45PM	45	Power Ride Express	Linda	Studio 1	
	5:45 PM	60	Cardio Pilates	Ilona	Studio 3	

Day	Time	Duration	Class	Instructor	Location	Notes
Friday						
	8:10 AM	45	TBS	Joy	Studio 2	New Time
	9:00 AM	45	Strength and Stretch	Diane	Studio 3	
	9:00 AM	55	Body Combat™	Elizabeth	Studio 2	
	10:00 AM	45	LIIT Gold	Elizabeth/Gina	Studio 2	
	5:30 PM	60	Zumba™	Chompoo	Studio 2	No class 11/28
Saturday						
	7:30 AM	60	Body Pump™	Cristina	Studio 2	November - March
	7:45 AM	50	Cycle	Kevin	Studio 1	
	8:45 AM	45	Rhythm and Power Ride	Cristina	Studio 1	
	8:45 AM	50	Cardio Sculpt	Ilona	Studio 3	
	8:45 AM	60	Body Pump™	Denise/Amy	Studio 2	
	10:00 AM	60	Zumba™	Erica	Studio 2	
	10:00 AM	45	Vinyasa Flow	Rachel	Studio 3	
Sunday						
	8:30 AM	50	Cycle	Tiffany	Studio 1	Body Step Nov 23
	8:45AM	55	Body Balance™	Amy	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 PAGE

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® EXPRESS: A high energy, sports-inspired interval training, cardio workout for building strength, stamina, and agility. Combined athletic movements and strength exercises will push you towards your fitness goals.

BODYCOMBAT®: This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Tae Kwon Do, Kickboxing, 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 minutes**)

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, bands, 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. It is a great balance of cardio and strength exercises for a total body workout to burn calories and develop muscles at the same time.

CARDIO SCULPT: Low impact aerobic training with light weight or body weight intervals to tone and strengthen muscles.

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 a total body workout.

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.

FOAM ROLL AND RELEASE: Show those tired, sore muscles some love. Rollers help to get deep into the muscles to promote myofascial release, which is an excellent way to help improve flexibility and reduce muscle pain.

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

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.

VINYASA FLOW: An athletic approach to yoga using continuous movements and poses linked with the breath to elevate your heart rate and give you a great workout.

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. Low impact, easy to follow choreography to great music to get your heart rate up.

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: 45 minutes**)

BOOTY BURN : Build up your backside and turn up the heat on your booty. Using a variety of equipment, this 45 minute class is designed to have your glutes burning for days.

CORE BLAST: This 30 minute class strengthens and stabilizes the muscles throughout the core. Different equipment will be used 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.

GUTS & BUTTS: A 30 minute powerhouse core blast class that will work to strengthen the core while incorporating exercises to help define the back side.

MUSCLE MUSHUP AND CORE: Keep your mind and body guessing what will come next. This total body strength class will use a variety of training equipment and great music to build muscle, tone the body, and strengthen the core.

STRENGTH & STRETCH: Gentle exercises including balance work and stretching will get your body moving and heart pumping. Light weights may be included and chairs are available for support if needed. This class is ideal for our active aging members, members just starting out, or anyone with joint pain or injuries who require non impact exercises

TBS (TOTAL BODY STRENGTH) - A class consisting of multi-muscular, functional strength and balance exercises using a variety of equipment and your own body resistance to build strength and to shape and tone the total body.

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

FitNation Hours:
Monday-Thursday:
5:00am-10:00pm
Friday: 5:00am-9:00pm
Sat & Sun: 7:00am-7:00pm
KidNation Child Care Hours:
Mon-Sun: 8:30am-1:00pm
Mon-Thus: 4:30pm-8:00pm

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. A variety of hydro equipment will be used for a fun and challenging workout.

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.

RHYTHM and POWER RIDE: Get out of the cold this winter and turn up the volume with a high energy, 45 minute, interval cycle class. Pedal and sweat along with the latest beats featuring EDM, hip hop, and pop remixes. ****This class will run from November - March**

NOVEMBER SPECIALS :

YOGA STRENGTH & STRETCH - A combination of vinyasa flows and strength asanas along with deep stretching will have you leaving class feeling strong and refreshed.