

FITNESS SCHEDULE **FALL 2019**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																				
6:15am 7:00am	F45	F45	F45	F45	F45																						
	Cycle-45 <i>Studio B</i>	BODYPUMP® <i>Studio A</i>	Cycle-45 <i>Studio B</i>	BODYPUMP® <i>Studio A</i>	Cut +15 <i>3rd Floor</i>																						
7:00am 7:45am	F45		F45																								
9:00am 9:45am	Silver Splash <i>Pool</i>		Silver Splash <i>Pool</i>																								
9:15am 10:15am						F45																					
10:15am 11:00am	Silver Classic <i>Studio C</i>	Silver Stability <i>Studio C</i>	Silver Classic <i>Studio C</i>	Silver Stability <i>Studio C</i>	Chair Yoga <i>Studio C</i>																						
10:30am 11:30am						BODYPUMP® <i>Studio A</i>																					
11:30am 12:30pm						BODYCOMBAT® <i>Studio B</i>																					
12:15pm 1:00pm	Cut + 15 <i>Synrgy</i>	Cut + 15 <i>Synrgy</i>	Cut + 15 <i>Synrgy</i>	Cut + 15 <i>Synrgy</i>	Yoga Flow <i>Studio C</i>																						
		Glide-Fit <i>Pool</i>	Aquatic Fitness <i>Pool</i>	Glide-Fit <i>Pool</i>																							
4:30pm 5:15pm							F45																				
5:15pm 6:15pm							Cycle-60 <i>Studio B</i>																				
5:30pm 6:15pm	F45	F45	F45	F45	F45																						
		Locomotion <i>Studio A</i>		Locomotion <i>Studio A</i>																							
5:30pm 6:30pm	BODYPUMP® <i>Studio A</i>	BODYCOMBAT® <i>Studio C</i>	BODYPUMP® <i>Studio A</i>	BODYCOMBAT® <i>Studio C</i>																							
6:00pm 6:30pm		Cycle Xpress <i>Studio B</i>		STRONG by Zumba® <i>Studio B</i>																							
6:30pm 7:15pm	Cycle-45 <i>Studio B</i>	Yoga Flow <i>Studio A</i>	Cycle-45 <i>Studio B</i>	Yoga Flow <i>Studio A</i>	Cycle-45 <i>Studio B</i>																						
6:45pm 7:15pm	CXWORX <i>Studio A</i>	CXWORX <i>Studio C</i>	CXWORX <i>Studio A</i>	CXWORX <i>Studio C</i>	F45 PASS PRICES <table border="1"> <thead> <tr> <th></th> <th>Student</th> <th>Member</th> <th>Non-Member</th> </tr> </thead> <tbody> <tr> <td>Single</td> <td>\$5</td> <td>\$6</td> <td>\$15</td> </tr> <tr> <td>10</td> <td>\$25</td> <td>\$30</td> <td>\$50</td> </tr> <tr> <td>20</td> <td>\$35</td> <td>\$45</td> <td>\$65</td> </tr> <tr> <td>Unlimited</td> <td>\$55</td> <td>\$65</td> <td></td> </tr> </tbody> </table>				Student	Member	Non-Member	Single	\$5	\$6	\$15	10	\$25	\$30	\$50	20	\$35	\$45	\$65	Unlimited	\$55	\$65	
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6:45pm 7:30pm		TRX <i>Synrgy</i>		TRX <i>Synrgy</i>																							
6:45pm 7:45pm	BODYCOMBAT® <i>Studio C</i>	BODYPUMP® <i>Studio B</i>	BODYCOMBAT® <i>Studio C</i>	BODYPUMP® <i>Studio B</i>																							
8:00pm 9:00pm	Dance Fitness <i>Studio C</i>		Dance Fitness <i>Studio C</i>																								



GROUP FITNESS (Free with membership)

BODYCOMBAT®

Join this high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

BODYPUMP®

Get lean, build strength and tone muscle with BODYPUMP, a group-based barbell class to work all your major muscle groups. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

Chair Yoga

Chair Yoga is one of the gentlest forms of yoga. You will practice yoga sitting in a chair or standing using the chair for support throughout each flow.

CUT+15

Cross training Under Thirty is an all-out circuit style workout that focuses on a particular muscle group each class.

CXWORX® NEW!

Exercising muscles around the core, CXWORX® provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.

Cycle

This class consists of hills, flats, sprints and everything in between! A challenging class driven by incredible playlists and motivating instructors. Get ready to sweat, work hard and have fun!

Dance Fitness

This class will help you build cardiovascular endurance and strengthen your heart muscle all while dancing to motivating and energetic music. Join us and work up a sweat on the dance floor!

Glide-Fit

Get a full body workout all on the water! This class is a low-impact, high intensity, cross training workout performed on an inflatable SUP board in the pool.

Locomotion

Join us for 20 min of easy to follow low-impact aerobics, followed by 20 min of endurance based strength training. This low impact, high volume class will help improve activities of daily living and increase balance and flexibility. With the use of stability balls, dumbbells and more this class will always feel new and interesting. To ensure a safe and comfortable experience for all participants, entry to classes will not be permitted later than 5 minutes past the class start time.

SilverSneakers

We offer Classic, Circuit, Stability, and Splash all meant to improve range of motion and muscle strength to enhance your daily activities.

STRONG by ZUMBA®

Strong by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

TRX

Join us for a combination of TRX Strength and Cardio exercises. Build overall strength, balance and flexibility with this total-body conditioning program.

Yoga Flow

Yoga Flow focuses on linking conscious breath with a vigorous and mindful Flow. You will build strength, flexibility and concentration while cleansing the body and calming the mind.

PREMIUM FITNESS

F45

F45 Training combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training. The fusion of these three training concepts has led to the development of 27 different, 45 minute workout experiences, with more in development by our F45 Athletics Department. This combination of interval, cardiovascular and strength training has been proven to be the most effective workout method for burning fat and building lean muscle. To ensure a safe and comfortable experience for all participants, entry to classes will not be permitted later than 5 minutes past the class start time.

****Schedule is subject to change****

Check the app or the website for the most up to date schedule.