

# May 2012 Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>SPIN! 7:10-8:00/Nikki CYCLE CIRCUIT 12:00-1:00/Carolyn PILATES 1:10-2:00/Jeanne BOOT CAMP 5:30-6:15/Lynsey</p>	<p>1</p> <p>SOLID STRENGTH 7:10-8:00/Connie ARMS &amp; ABS 11:30-11:55/Connie POWER YOGA 12:00-1:00/Jen E. BOOT CAMP 1:10-2:00/Kevin SOLID STRENGTH 5:30-6:15/Lynsey</p>	<p>2</p> <p>BOOT CAMP 7:10-8:00/Lauren BUTTS &amp; GUTS 11:30-11:55/Michelle CROSS TRAIN CHALLENGE 12:00-1:00/Michelle SPIN! 1:10-2:00/Connie SPIN! 6:00-6:45/Nikki</p>	<p>3</p> <p>SPIN! 7:10-8:00/Carolyn CARDIO BOX 12:10-1:00/Reggie SOLID STRENGTH 1:10-2:00/Lauren YOGA 2:00-3:00/Ashleigh NEW! BALLESTONE® 5:30-6:15/Michelle</p>	<p>4</p> <p>CROSS TRAIN CHALLENGE 7:00-8:00/Michelle HARD CORE 11:30-11:55/Lauren CYCLE CIRCUIT 12:00-1:00/Carolyn YOGA 1:10-2:00/Jen S.</p>
<p>7</p> <p>SPIN! 7:10-8:00/Laura CYCLE CIRCUIT 12:00-1:00/Carolyn PILATES 1:10-2:00/Jeanne BOOT CAMP 5:30-6:15/Lynsey</p>	<p>8</p> <p>SOLID STRENGTH 7:10-8:00/Connie ARMS &amp; ABS 11:30-11:55/Lauren POWER YOGA 12:00-1:00/Jen E. BOOT CAMP 1:10-2:00/Kevin SOLID STRENGTH 5:30-6:15/Lynsey</p>	<p>9</p> <p>BOOT CAMP 7:10-8:00/Lauren SELF DEFENSE 10:45-11:30/Guest Instructor CROSS TRAIN CHALLENGE 12:00-1:00/Michelle SPIN! 1:10-2:00/Connie SPIN! 6:00-6:45/Nikki</p>	<p>10</p> <p>SPIN! 7:10-8:00/Carolyn CARDIO BOX 12:10-1:00/Reggie SOLID STRENGTH 1:10-2:00/Lauren YOGA 2:00-3:00/Ashleigh BALLESTONE® 5:30-6:15/Michelle</p>	<p>11</p> <p>CROSS TRAIN CHALLENGE 7:00-8:00/Michelle HARD CORE 11:30-11:55/Michelle CYCLE CIRCUIT 12:00-1:00/Carolyn YOGA 1:10-2:00/Jen S.</p>
<p>14</p> <p>SPIN! 7:10-8:00/Megan CYCLE CIRCUIT 12:00-1:00/Carolyn PILATES 1:10-2:00/Jeanne BOOT CAMP 5:30-6:15/Lynsey</p>	<p>15</p> <p>SOLID STRENGTH 7:10-8:00/Connie ARMS &amp; ABS 11:30-11:55/Lauren POWER YOGA 12:00-1:00/Jen E. BOOT CAMP 1:10-2:00/Kevin SOLID STRENGTH 5:30-6:15/Lynsey</p>	<p>16</p> <p>BOOT CAMP 7:10-8:00/Lauren BUTTS &amp; GUTS 11:30-11:55/Connie CROSS TRAIN CHALLENGE 12:00-1:00/Michelle SPIN! 1:10-2:00/Connie SPIN! 6:00-6:45/Nikki</p>	<p>17</p> <p>SPIN! 7:10-8:00/Carolyn CARDIO BOX 12:10-1:00/Reggie SOLID STRENGTH 1:10-2:00/Lauren YOGA 2:00-3:00/Ashleigh SALSA 5:30-6:30/Guest Instructor</p>	<p>18</p> <p>CROSS TRAIN CHALLENGE 7:00-8:00/Michelle HARD CORE 11:30-11:55/Michelle CYCLE CIRCUIT 12:00-1:00/Carolyn YOGA 1:10-2:00/Jen S.</p>
<p>21</p> <p>SPIN! 7:10-8:00/Megan CYCLE CIRCUIT 12:00-1:00/Carolyn PILATES 1:10-2:00/Jeanne BOOT CAMP 5:30-6:15/Lynsey</p>	<p>22</p> <p>SOLID STRENGTH 7:10-8:00/Connie ARMS &amp; ABS 11:30-11:55/Connie POWER YOGA 12:00-1:00/Jen E. BOOT CAMP 1:10-2:00/Kevin SOLID STRENGTH 5:30-6:15/Lynsey</p>	<p>23</p> <p>BOOT CAMP 7:10-8:00/Lauren BUTTS &amp; GUTS 11:30-11:55/Lauren CROSS TRAIN CHALLENGE 12:00-1:00/Michelle SPIN! 1:10-2:00/Connie SPIN! 6:00-6:45/Nikki</p>	<p>24</p> <p>SPIN! 7:10-8:00/Carolyn CARDIO BOX 12:10-1:00/Reggie SOLID STRENGTH 1:10-2:00/Lauren YOGA 2:00-3:00/Ashleigh CLOSED at 5pm Locker Rooms Close at 5:30pm</p>	<p>25</p> <p>CLOSED</p>
<p>28</p> <p>CLOSED</p> <p>HAPPY MEMORIAL DAY</p>	<p>29</p> <p>SOLID STRENGTH 7:10-8:00/Connie ARMS &amp; ABS 11:30-11:55/Lauren POWER YOGA 12:00-1:00/Jen E. BOOT CAMP 1:10-2:00/Kevin SOLID STRENGTH 5:30-6:15/Lynsey</p>	<p>30</p> <p>BOOT CAMP 7:10-8:00/Lauren BUTTS &amp; GUTS 11:30-11:55/Michelle CROSS TRAIN CHALLENGE 12:00-1:00/Michelle SPIN! 1:10-2:00/Connie SPIN! 6:00-6:45/Nikki</p>	<p>31</p> <p>SPIN! 7:10-8:00/Carolyn CARDIO BOX 12:10-1:00/Reggie SOLID STRENGTH 1:10-2:00/Lauren YOGA 2:00-3:00/Ashleigh BALLESTONE® 5:30-6:15/Michelle</p>	<p>1</p> <p>CROSS TRAIN CHALLENGE 7:00-8:00/Michelle CYCLE CIRCUIT 12:00-1:00/Carolyn YOGA 1:10-2:00/Jen S.</p>

# May Group Exercise

## **Arms & Abs (All Fitness Level Workout)**

This class will focus on working the upper body and core for general strength and tone.

## **NEW! Balletone® (All Fitness Level Workout)**

This class is a proactive workout that consists of slow, controlled, ballet-like movements designed to leave you strong, centered, and actively flexible from the ground up.

## **Butts & Guts (All Fitness Level Workout)**

This class with focus on working the lower body and core for general strength and tone.

## **Boot Camp (All Fitness Level Workout)**

A non-stop, full-body strength routine that will sculpt, tone, and strengthen your body and leave you feeling great!

## **Cardio Box (All Fitness Level Workout)**

Burn calories and build strength by combining full-body kickbox moves with resistance exercises. Focus on upper and lower body muscular endurance, as well as cardiovascular endurance and power.

## **Cross Train Challenge (Intermediate Level Workout)**

This class combines cardio and strength training moves. Increase endurance while strengthening your muscles for a complete workout!

## **Cycle Circuit (Advanced Level Workout)**

Like nothing you have ever done before! This class will keep your heart rate up and maximize calorie burn by incorporating intervals of spin and strength training. Please arrive early to reserve your Spin bike and weights.

## **Hard Core (All Fitness Level Workout)**

This class incorporates back and abdominal exercises to provide a challenging workout that will improve muscle strength and function.

## **Pilates (All Fitness Level Workout)**

Learn the basics of Pilates in this mat class. Release tension, gain strength, and increase flexibility as you focus on the body's core muscles.

## **Power Yoga (Intermediate/Advanced Level Workout)**

This challenging aerobic yoga practice tones the body and builds core strength, endurance, and flexibility. Each class is tailored to the individual's needs, building on prior knowledge each week.

## **Spin! (All Fitness Level Workout)**

Simulate outdoor cycling in an indoor/group environment that is great for cyclists and cross-training enthusiasts.

## **Spin Journey (Registration Required)**

An intense indoor cycle ride designed to increase your endurance, strength and stamina.

## **Solid Strength (All Fitness Level Workout)**

Increase your strength through full body movements as well as exercises that isolate each major muscle group. Challenge yourself by incorporating a mix of dumbbells, resistance bands, body bars, medicine balls, and more!

## **Step & Box (All Fitness Level Workout)**

A challenging cardio workout which includes kick boxing and traditional step aerobics.

## **Yoga (All Fitness Level Workout)**

Increased flexibility, strength, mental awareness, and reduced stress are merely a few of the many benefits of practicing yoga.

### Group Exercise Class Reminders:

- All class participants are required to sign in prior to entering the Group Exercise room.
- Sign ins begin 10 minutes prior to the start of class.
- Each participant is allowed to sign up themselves and no one else.
- Classes and instructors are subject to change with or without notice.
- Following class, all participants are responsible for cleaning their equipment with the disinfectant wipes provided.
- There must be a minimum of 2 participants for class to be held.
- For your safety and for the safety of others, please refrain from chewing gum or eating food.
- Please inform the instructor if you plan to leave class early.
- Please arrive to class on time to avoid disrupting the instructor and other participants. This also ensures that you are properly warmed up.