

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 AM	Core Conditioning	Bootcamp	Aqua Bootcamp	Power Pump		
8:00 AM	Senior Aqua		Senior Aqua		Senior Aqua	
8:30 AM	TRX or Resistance Ready	Cycling	Barre w/o Bar	Total Body Core	Power Pump Extreme	
9:35 AM	Silver Sneakers Classic	Silver Sneaker Circuit	Senior Cycling	Senior Fitness (Beat it)	Senior Chair Yoga	
5:30 PM	Zumba	Power Pump	Cycling	TRX		
5:30 PM	Kickbox Conditioning		Kickbox Conditioning			

**Aqua Bootcamp** – Beth, Brenda (pool) This new class will explore the world of water based aerobic conditioning and flexibility / relaxation exercises that will serve as a recovery workout between difficult and demanding land-based exercise days.

**Barre without the Bar** – Ashley, Colleen (Multi-Purpose Room) This 45 minute class combines Barre with techniques with Pilates for an intense workout burn without high impact moves. We will do total body work with circuits targeting upper body, legs/glutes and core.

**Boot Camp** – Beth, Conrad, Megan (MPR, North Gym) A full body workout with a combination of strength, conditioning, and cardio. The program is designed for all fitness levels!

**Core Conditioning** – Ashley, Beth, Colleen (MPR or TRX) Strengthen your abdominal, obliques, lower back, glutes and hamstrings using BOSU balls, hand weights, bands, gliders and body weight training. End with a core, hip, and hamstring stretching sequence, 45-minute class.

**Cycling** – Beth, Colleen, Conrad, Dana, Joann, Wendy (MPR) This class is for everyone, at any age and at every level of fitness. This is a forty to fifty minute cardio workout on a spinning bike. Fun, safe and challenging.

**ZUMBA®** – Loree (MPR) Perfect for everybody and everybody! Take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning Dance Fitness Party! Once the Latin and World rhythms take over, you’ll see why ZUMBA® A total workout, combining cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome in every class!

**Kick Box Conditioning (adult)** – Laz, Sara (North Gym) High intensity kickbox and circuit training promoting endurance and core strength along with increased mental and physical focus.

**Power Pump** – Ashley, Colleen, Megan (MPR). In this weight training class, you can expect to squat, chest press, dead row, lunge, curl, and clean and press to music using variable barbell weight with high repetition.

**Power Pump Extreme** – Ashley, Colleen (MPR) All the elements of traditional Pump with challenging cardio int inserted between Pump sets.

**Senior Fitness** – Ashley, Beth, Brenda, Cheri Katie (MPR) Silver Sneakers – for improving strength, flexibility, posture and balance. Exercise at your own pace with resistance tools including bands, balls and weights.

**TRX** – Andrea, Beth, Conrad (TRX) Experience tons of full body exercises with suspension training. Help build strength, flexibility, stability, mobility and endurance