

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 AM	Core Conditioning	Bootcamp	Cycling	Power Pump		
7:15 AM				Water Board Yoga		
8:00 AM	Senior Aqua Class		Senior Aqua Class		Senior Aqua Class	
8:30 AM	Power Pump Extreme TRX	Cycling	Body Pump	Glutes and Core	Resistance Ready	
9:35 AM	Silver Sneakers Classic	Silver Sneaker Circuit	Senior Fitness	Senior Fitness (Beat it)	Senior Chair Yoga	
5:30 PM	HIIT and Core	Cardio Kickbox	Cycling	TRX		

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!

Cardio Kickbox- Sara (MPR, North Gym) Cardio kickbox is a fun and intense way to burn off anything extra. Each song is uniquely choreographed using kicks, punches, jumps, and a little bit of Latin flare. Each class begins with cardio and ends with full body sculpting.

Core– 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 (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.

Body Pump – Colleen, Megan (MPR/gym). 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.

HIIT – Conrad, Megan (MPR or North Gym) HIIT stands for high-intensity interval training, which refers to the short bursts of intense exercise alternated with low-intensity recovery periods that make up the protocol.

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

Resistance Ready- Ashley Colleen (North Gym)- Be ready to train in without using traditional weights as your resistance. We rotate between using weights, Kettle Bells, and resistance bands to ensure you are getting a variety of resistance while gaining strength and burning fat.

Senior Fitness – 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