

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gentle Flow Yoga</b> 9:30am - 10:30am New Motion Studio	<b>Power Pilates</b> 5:30am - 6:30am New Motion Studio	<b>Barre</b> 8:00am - 8:45am New Motion Studio	<b>Mat Pilates</b> 5:30am - 6:30am New Motion Studio	<b>Cycle</b> 5:45am - 6:30am Ride Studio	<b>HIIT Cycle</b> 7:30am - 8:30am Ride Studio	<b>Cycle</b> 8:00am - 8:45am Ride Studio
<b>Silver Sneakers</b> 11:00am - 12:00pm Blend Studio	<b>Band-A-Bells</b> 9:15am - 10:15am Blend Studio	<b>Vinyasa Yoga I</b> 9:30am - 10:30am New Motion Studio	<b>Band-A-Bells</b> 9:15am - 10:15am Blend Studio	<b>Vinyasa Yoga II</b> 9:30am - 10:30am New Motion Studio	<b>Power Yoga I</b> 8:30am - 9:30am Blend Studio	<b>Power Yoga II</b> 9:00am - 10:00am New Motion Studio
<b>BodyCombat™</b> 5:30pm - 6:15pm Blend Studio	<b>Silver Sneakers</b> 12:00pm - 1:00pm Blend Studio	<b>Silver Sneakers</b> 12:30pm - 1:30pm Blend Studio	<b>Silver Sneakers</b> 11:00am - 12:00pm Blend Studio		<b>BodyPump™</b> 10:00am - 11:00am Blend Studio	<b>BodyCombat™</b> 10:00am - 10:45am Blend Studio
<b>BodyPump™</b> 6:30pm - 7:15pm Blend Studio	<b>Cycle</b> 5:30pm - 6:30pm Ride Studio	<b>Zumba®</b> 4:00pm - 5:00pm Blend Studio	<b>Fusion Fitness</b> 5:30pm - 6:30pm Blend Studio		<b>Zumba®</b> 11:15am - 12:15pm Blend Studio	<b>BodyPump™</b> 11:00am - 11:45am Blend Studio
		<b>BodyCombat™</b> 5:30pm - 6:15pm Blend Studio				
		<b>BodyPump™</b> 6:30pm - 7:15pm Blend Studio				

**BAND-A-BELLS** The ultimate total body class that mixes resistance bands and lightweight dumbbells through a combination of both full range of motion & pulsatile movements.

**FUSION FITNESS** A challenging low impact workout aimed to tone while strengthening your entire body. A high energy class inspired by moves from Pilates, HIIT, & strength training.

**GENTLE FLOW YOGA** In Gentle Flow yoga you will be guided through postures in the Vinyasa Style, beginning with the basics, while allowing for more challenging poses.

**VINYASA YOGA I & II** An approach to yoga in which you move from one pose directly into the next. There's a flow to a Vinyasa yoga session, through the specific poses.

**POWER YOGA I & II** A more dynamic version of traditional yoga. It is faster, more intense and the focus is more on building strength and less on meditation or chanting.

**CYCLE** A full-body cycling workout featuring high-intensity cardio along with body sculpting, and upper body strength training choreographed to music in our Ride Studio!

**HIIT CYCLE** A combination of strength training, heavy hills, sprints on the bike, & off the bike drills (lunges, squats, jumping jacks), this class has all the elements of endurance & power!

**SILVER SNEAKERS** A program encouraging older adults to participate in physical activities that will help them with maintaining greater control of their health.

**BODYCOMBAT™** A high-energy martial arts-inspired workout that is totally non-contact learning moves from Karate, Taekwondo, & more. Punch and kick your way to fitness!

**BODYPUMP™** A fast-paced, barbell based workout that is specifically designed to help you get lean, toned, and fit - Using a combo of motivating music & fantastic instructors!

**MAT PILATES** A strengthening and lengthening form of exercise that focuses on your core muscles while training both your arms & legs.

**POWER PILATES** A step up from traditional Pilates but with more controlled movements, intensity, and variations - sometimes incorporating bands, sliders, weights, and rollers.

**BARRE** A fusion of low-impact, high-intensity movements engineered to strengthen the body, but also enhance overall agility and flexibility.

**ZUMBA®** An interval-style dance fitness party that combines low & high-intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves.