














MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:00AM ENERGY FLOW YOGA TERRY F MIND/BODY STUDIO	7:00AM CYCLE SUSANNAH B CYCLE STUDIO		8:00AM CYCLE SHERI M CYCLE STUDIO	
8:30AM BURN MICHELE K FITNESS STUDIO	8:30AM KICKBOX & KETTLE BELLS MJ WITHERS FITNESS STUDIO	8:30AM HALO SEEMA B FITNESS STUDIO		8:30AM CYCLE SHERI M CYCLE STUDIO	9:00AM ADVANCED STEP ALLY FITNESS STUDIO	9:00AM ZUMBA® JENNY K FITNESS STUDIO
9:30AM CYCLE MICHELE K CYCLE STUDIO	9:30AM CYCLE PAT C CYCLE STUDIO	9:30AM CYCLE SEEMA B CYCLE STUDIO	9:30AM ZUMBA® LULI V FITNESS STUDIO	9:30AM TOTAL BODY MICHELE K FITNESS STUDIO		9:00AM CYCLE PATRICK M CYCLE STUDIO
	9:30AM HATHA YOGA TERRY L MIND/BODY STUDIO				10:00AM STRENGTH ALLY FITNESS STUDIO	10:00AM VINYASA FLOW YOGA TRICIA MIND/BODY STUDIO
5:30PM CYCLE CHAD D CYCLE STUDIO	5:00PM ADVANCED STEP ALLY GROUP FITNESS STUDIO		6:00PM MEDITATIVE YOGA LORRAINE L MIND/BODY STUDIO	<p>DUE TO COVID REGULATIONS, CLASS SPACE IS LIMITED. PLEASE REGISTER FOR CLASSES IN ADVANCE ON OUR APP OR CALL THE FRONT DESK. (PLEASE CANCEL RESERVATIONS WITHIN 24 HOURS TO AVOID A \$5 CHARGE.) MASKS ARE REQUIRED FOR ALL INDOOR CLASSES. PLEASE BRING YOUR PERSONAL WORKOUT MAT & TOWEL TO CLASS.</p>		
6:00PM BEGINNER BASIC STEP & SCULPT JACKIE F FITNESS STUDIO		6:00PM PILATES BOOTCAMP ANNE FITNESS STUDIO	6:00PM CYCLE CHAD D CYCLE STUDIO			

OUTDOOR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 7:00AM ENERGY CIRCUIT MERRILL S OUTDOORS		 8:30AM STACKED AMY L OUTDOORS	 8:30AM STRONG LULI V OUTDOORS	 9:00AM WARRIOR YOGA ANNE S OUTDOORS	 9:00AM PILATES BOOTCAMP ANNE S OUTDOORS
 9:30PM ZUMBA® LULI V OUTDOORS	 6:00PM WARRIOR YOGA ANNE S OUTDOORS					 10:00AM BURN SEEMA B OUTDOORS
	 6:00PM ZUMBA® MARY OUTDOORS	 6:30PM CARDIO SCULPT LULI V OUTDOORS			<p>OUTDOOR CLASSES WILL BE MOVED INDOORS WHEN NECESSARY BASED ON WEATHER. CHECK OUR APP FOR UPDATES ON LOCATION. MASKS OPTIONAL.</p>	

PREMIUM CLASS SCHEDULE

\$30/Session or \$160/8-pak (Member Rate)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30AM REBOUND MJ FITNESS STUDIO	8:30AM POWER HOUR MICHELE K OUTDOORS	 8:30AM HIT & RUN SEEMA B OUTDOORS	8:30AM REBOUND AMY L FITNESS STUDIO	10:15AM REFORMER ANNE S MIND/BODY STUDIO	8:30AM BACK, BOOTY & BARRE JACKIE F FITNESS STUDIO
 5:30PM POWER HOUR SEEMA B OUTDOORS		9:30AM REFORMER ANNE S MIND/BODY STUDIO				

CARDIO:

ADVANCED STEP: This classic cardio workout has lasted for decades because it is fun and it delivers results. Step up, around and down in different patterns as you build the choreography while boosting your heart rate and strengthening your muscles.

CYCLE: Pedal through a high energy, motivating and contagiously invigorating indoor cycle class with top instructors who are focused on form, music and results. This is a great class for a beginner and a novice member who wants a fun cardio class. **Optional: Indoor Cycling Shoes with SPD clips.**

STRONG: Cardio based interval training which incorporates mostly body weight movements. Raise your heart rate and fire up your muscles for a full-body, high intensity, killer workout!

ZUMBA®: "Exercise in disguise", Zumba is a cardio workout set to great music. It incorporates muscle conditioning, balance and flexibility, boosts energy and leaves you with a serious dose of awesome after each class.

STRENGTH AND CARDIO/STRENGTH

BEGINNER BASIC STEP & SCULPT: We are taking it back to the basics with this combo cardio and muscle class. Basic, easy to follow step combos will get your heart rate up as you get comfortable with step choreography. Then focus on form as you sculpt and tone. All levels are welcome.

BURN: Total body workout focusing on strength with a blast of cardio for a heart-pumping calorie burn. Open to all levels, this class will vary every week from circuit to individual stations.

ENERGY CIRCUIT: Wake up and get energized with this circuit driven class all about interval cardio and strength training which ignites your metabolism while improving flexibility, agility and endurance. All levels are welcome as each circuit works you at your level.

KICKBOX & KETTLE BELLS: General boxing and kicking techniques are applied while attacking the upright punch bags and are combined with a Kettle Bell class for the ultimate TKO challenge. All levels can participate in this class the circuit creates a challenge that can be modified as needed. **Optional: Boxing gloves or wrap tape.**

STACKED: Push yourself to the limits of your intensity and endurance as weight and cardio movements are added or "stacked" through progressive rounds.

STRENGTH: Barbell, Dumbbell and body weight work muscles to burn fat, build muscle, increase stamina and get you STRONG! All levels welcome.

TOTAL BODY CONDITIONING: Tune in and tone up! A solid muscle class choreographed to work your entire body utilizing barbells, dumbbells and body resistance for a challenging and effective class.

MIND, BODY & SPIRIT:

HALO: This pilates-based, low intensity toning class utilizes stability balls and light weights. Feel your muscles ignite as they strengthen and tone.

PILATES BOOTCAMP: Pilates basics timed and energized for maximum results. Most movements are focused through low weights/high reps or body weight.

YOGA: Beneficial to everyone, with an emphasis on the basic postures and progressive variations. These classes sets a solid foundation and develops strength and flexibility for the more advanced postures. Whether you are focused on Balance & Flow or Meditation for relaxation, our expert instructors will guide you in achieving your goals with your practice.

FOUNTAIN FITNESS PREMIUM CLASSES: Held in a small group setting, these classes are goal oriented and focused on increasing strength, stamina and endurance while having fun! Cost: \$30/session or \$160/8sessions. ****RESERVATIONS REQUIRED**

BELLY BACK & BOOTY BARRE: Lengthen, strengthen and tone all of the parts of the body that we love to target: core, back and glutes! Fun & energetic workout that fuses techniques from Dance, Pilates and Yoga to tone, define and chisel the entire body. **Location: Group Fitness Room**

HIIT & RUN: Treadmill training alternating with weight training creates a fun High Intensity Interval Routine. Great for runners of all levels. Treadmill time can be substituted with Elliptical or Stair Master. **Location: Main Fitness Floor**

POWER HOUR: 60-min of Small Group Training utilizing Kettle Bells, TRX, slam balls, weighted sled. Your goals are our goals as we give you a balance yet intense workout while encouraging good form and personal progression. **Location: Turf on Main Fitness Floor**

PILATES REFORMER: Push and pull against the resistance of the springs, carriage and your own body weight makes this the ultimate strength-building full-body workout. Low impact yet highly intense, this will be the most productive part of your day. **Location: Pilates Reformer Room**

REBOUND: Known to benefit your entire body with particular emphasis on toning abs, legs and glutes, this workout low impact and high cardio so it is easier on your joints. **Location: Group Fitness Studio**