



Fall Group Exercise Schedule

September 4-November 30

Classes with less than 5 participants will be cancelled

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Biker Blast	Cross Fitness	Biker Blast	Cross Fitness	Biker Blast
7:30am		Yoga Strength		Yoga Strength	
8:30am					
9:00am	Enhanced Fitness		Enhanced Fitness		Enhanced Fitness
9:15am		HIIT Max		HIIT Max	
12:10pm	Cardio Mix Up	Biker Blast	Cardio Mix Up		Biker Blast
5:30pm	Body Blaze	Biker Blast	Body Blaze	Biker Blast	

*All classes can be modified to any fitness level

Participants should consult their physician before starting any fitness program

CLASS DESCRIPTIONS ON BACK

Biker Blast- This high energy, low impact workout on a stationary bike is led by an upbeat and fun instructor. You will be challenged both physically and mentally as you ride to some great tunes. Sweating is required so bring a towel and a water bottle and jump in. Class size is limited, first come, first served. All fitness levels welcome and encouraged to attend.

Yoga Strength- A more strenuous yoga that will strengthen your core muscles while giving you a deep stretch to help relax and rejuvenate your muscles. All fitness levels welcome and encouraged to attend.

Cross Fitness- Strengthen, tone, and define your muscles with this challenging class. You will use your own body weight, dumbbells, and various other equipment to help you get in great shape. All fitness levels welcome and encouraged to attend.

Cardio Mix Up- A 40 minute powerhouse workout that will test your cardiovascular system and tone and shape your muscles. This class will give you a full body workout. All fitness levels welcome and encouraged to attend.

Enhanced Fitness- This low impact class combines cardiovascular fitness and strength with balance and flexibility to help participants stay fit with minimal impact on the joints. All fitness levels welcome and encouraged to attend.

Body Blaze- This different every time class will keep your body guessing and help you burn fat, tone and strengthen muscles and get in great shape. The workouts are always different so getting bored will not be a problem. All fitness levels welcome and encouraged to attend.

HIIT Max- A combination of high intensity interval training, weights, stretching, and toning that will keep your body guessing what is coming next. The workouts will change daily keeping your muscles performing at their highest level. All fitness levels welcome and encouraged to attend.