



## Winter Group Exercise Schedule

January 7-March 29

Classes with less than 5 participants will be cancelled

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

\*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.

**Cardio Sculpt-** A combination of heart strengthening cardio mixed with strength training to sculpt and tone your entire body. All fitness levels welcome and encouraged to attend.

**Cardio Mix Up-** A 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.