



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		STRONG & FIT ESTHER		STRONG & FIT ESTHER		
6:15 AM		BODYBALANCE ESTHER		BODYBALANCE ESTHER		
9:30 AM	PILATES ALEXIS	BODYPUMP MARY		BODYPUMP MARY		AFRIKOPOP KOSOLU
						SPIN GESSICA
10:30 AM		BODYCOMBAT MARY		BODYCOMBAT MARY		EXTREME STEP GESSICA
5:30 PM	BODYBALANCE ESTHER	PILATES ALEXIS	BOOT CAMP JASON	SPIN GESSICA		
	BODYPUMP MARY					
6:30 PM	RUNNING CLUB ESTHER		AFRIKOPOP KOSOLU	EXTREME STEP GESSICA		

GROUP FITNESS CLASS DESCRIPTIONS

afrikoPOP

afrikoPOP combines modern West African dance with body sculpting exercises set to an Afropop beat. By emphasizing having fun AND breaking a sweat, this unique twist on your typical fitness dance class will keep you coming back for more!

Body Balance

BODYBALANCE® is an athletic blend of yoga, Tai Chi and Pilates which leaves participants feeling long, strong, centered, and calm. There is no judgement, expectation or sense of competition with ourselves or others.

Body Combat

BODYCOMBAT® draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Capoeira and Kickboxing. Supported by driving music and powerful role model instructors

Body Pump

BODYPUMP® allows participants to use light weights and become strong without feeling intimidated by the weight room. All fitness levels are catered to with multiple levels of options during the class.

Boot Camp

Boot Camp is a high-intensity, full-body workout that will get and keep your heart rate high to burn more fat in less time. Push yourself to your limits with 100% effort through quick, intense bursts of exercise followed by short recovery periods.

Extreme Step

Extreme Step puts a spin on the traditional step aerobics class. This high-intensity class helps tone your glutes and legs while also helping you build your stamina and increase endurance. This high-energy class is suitable for all fitness levels with an adjustable step platform.

Pilates

Pilates is a low-impact strengthening and lengthening exercise that focuses on your core muscles while also training your arms and legs. It targets the deep muscles that stabilize your entire body while improving strength, balance, and posture.

GROUP FITNESS CLASS DESCRIPTIONS

Running Club

Running Club is the perfect class for ALL levels of runners! Each week has a different format to provide a fun and challenging workout that will help you improve your pace, distance, and overall goals!

Spin

Spin is an indoor cycling workout where participants ride to the rhythm of the music to reach a calorie-burning endorphin high while improving aerobic fitness and cardiovascular health.

Strong & Fit

Strong & Fit is a boot camp, cross-fit style class that will challenge you no matter your fitness level. See yourself gain strength, confidence, and stamina as we incorporate strength, cardio, agility, and mobility.