



Group Fitness Schedule

March

| Time | Location | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-----------|--------------------------|---------------------------|---------------------------|---------------------|---------------------------|------------------------|--------------------|
| 6:00 AM | Studio A | Cycling - Kathryn | | Cycling - Trent | | | | |
| 6:30 AM | Studio B | | Step - Terri | | Step - Terri | | | |
| 7:00 AM | Studio A | | Cycling - Helen | | Cycling - Helen | | | |
| 7:00 AM | Studio B | Bootcamp - Anna | | Bootcamp - Anna | | Bootcamp - Laura | | |
| 7:00 AM | Studio C | | Yoga - Kati | | Yoga - Lindsey | | | |
| 7:30 AM | Studio B | | Strength 30- Terri | | Strength 30- Terri | | | |
| 8:00 AM | Studio B | | | | | | Bosu Cardio - Faye | Step - Terri |
| 8:00 AM | Studio C | | | | | | | Yogalates - Laura |
| 8:30 AM | Studio A | Cycling - Helen | | Cycling - Sharon | | Cycling- Miranda | Cycling- Virginia 1.25 | |
| 8:30 AM | Studio C | | | Power Yoga - Elisa | | | | |
| 8:30 AM | Gym | | TRX - Helen | | TRX - Helen | | | |
| 8:30 AM | Fit Floor | Cross Training - Shirin | | Cross Training - Shirin | | Circuit Training - Susan | | |
| 9:00 AM | Studio B | Step - Terri | Bosu - Faye | Step - Terri | Bosu - Faye | Step - Terri | eLIGNABAR®- Faye | Strength 45- Terri |
| 9:30 AM | Fit Floor | | | | | | Fitness 101 - Kasra | |
| 9:45 AM | Studio C | | | Feldenkrais - Sharon | | | | |
| 10:00 AM | Studio B | Strength 45- Terri | eLIGNABAR®- Faye | Strength 45 - Terri | eLIGNABAR®- Faye | Strength 45 - Terri | Stretch 30 - Faye | |
| 10:00 AM | Studio C | | | | | Gentle Yoga - Kristy | Yoga* - Leslie | |
| 10:45 AM | Studio B | Kickboxing 45 - Karrin | | Kickboxing 45 - Karrin | | Kickboxing 45 - Karrin | | |
| 11:00 AM | Studio B | | Stretch 30 - Faye | | Stretch 30 - Faye | | | |
| 11:00 AM | Studio C | Pilates - Lauren | | Pilates - Claire | | Pilates - Claire | | |
| 11:30 AM | Studio B | Strength Express- Karrin | | Strength Express - Karrin | | Strength Express - Karrin | | |
| 12:00 PM | Studio A | | Cycling 45-Shirin | | Cycling 45 - Shirin | | | |
| 12:00 PM | Studio B | Bootcamp 45 - Miranda | | Bootcamp 45 - Miranda | | Bootcamp 45 - Miranda | | |
| 12:00 PM | Studio C | Power Yoga* - Elisa | Yoga* - Carol | Power Yoga* - Jean Marie | Yogalates - Laura | Yoga* - Lauren | | |
| 2:00 PM | Studio C | | | Gentle Yoga - Steph | | | | |
| 3:00 PM | Studio C | | | | | | Systema - Mark | |
| 4:00 PM | Studio C | | | | | | | Yoga* - Penny |
| 4:45 PM | Boulder | | Bouldering Clinic Ages 8+ | | | | | |
| 5:15 PM | Studio B | | | | | | | Barre - Kathryn |
| 5:30 PM | Studio B | Pain Free Posture - Dee | Bootcamp - Jess | | Bootcamp - Jess | | | |
| 6:00 PM | Studio A | Cycling - Don | Cycling- Virginia | Cycling- Don | Cycling - Virginia | | | |
| 6:30 PM | Studio B | | | | WERQ-Jerica | | | |
| 7:00 PM | Studio C | | Yoga - Audrey | | Yoga - Audrey | | | |
| | | FREE | HITT | Cardio | Strength | Mind & Body | *60 min + | |

Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced than others but this does not preclude a beginner from attending. Please notify the instructor before starting class to let them know if you are a first time student or beginner.

Step - 60 minutes of step - This is a straightforward serious workout that is guaranteed to give you the results you want.

Boot Camp - An effective, time-efficient workout blast for the time-starved participant. This workout builds lean fat burning muscle and torches calories with big multipurpose moves that work every inch of your body.

Zumba - This class contains a full array of Latin and exotic music flavors. The aerobic interval training method used combines fast and slow rhythms providing a large caloric expenditure and leaves you energized. You do not have to know how to dance to ZUMBA!!!

Pound - the world's first cardio jam session inspired by the infectious, energizing and swear-dripping fun of playing the drums.

WERQ - addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

Kickboxing - Kicking and punching drills set to music for an interval style class that will boost your cardio fitness.

Bosu - Make use of every core muscle you have while utilizing the bosu for a total body cardio/strength/ core workout hour.

Express Classes - When you only have 30 minutes these classes will get the job done utilizing weights and other various equipment

Strength- 45 minutes to work all the squats lunges and crunches you can!

TRX - All level, high intensity, interval training class using the suspension trainer. Challenge yourself both on and off the straps in this total body workout.

eLIGNABAR®- A fundamental core strength and stability class using the light-weight eLIGNABAR® that assists your posture into correct spinal alignment while targeting those core muscles to achieve overall conditioning.

Yoga - our instructors teach a variety of levels of flow; both hatha and vinyasa. Classes vary in difficulty. Please let the instructor know if you are new.

Gentle Yoga - A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

Power Yoga - Yoga postures that strengthen overall balance, core, flexibility, and focus. All postures connected with the importance of breath and mindfulness.

Mommy & Me - Not exclusive to mummies, this class is an opportunity to bring those tiny tots along to experience mindfulness and hatha yoga that will deepen your connection to your body, breath, and child.

Yogilates- Connect your favorite pilates moves through yogaesce sequence and breath.

Pilates - Pilates improves your core strength, strengthens and lengthens the entire body, improves posture, balance, coordination and mind/body awareness.

Barre -A unique workout using the standard ballet barre along with various other fitness equipment.

PainFree Posture - Using the **egoscue method** put your body into correct postural alignment through a series (menu) of exercises which will improve function, reduce compensations and return your body to its original functional blueprint.

Feldenkrais - This simple effortless movement class will free you from pain, increase your flexibility and mobility . The Feldenkrais Method brings you to a level of awareness where you LEARN where you are holding or creating effort, and how to let go.

Systema - Russian Systema is an all-encompassing, practical martial art that is without specific form or tactics. The practice emphasizes natural relaxed movement via the breath and being a martial art, utilizes strikes and weapons training to teach our body and psyche in such a way that allows us to identify distress and tension at the point it arises within our self and uncover our own huge potential for stress reduction, growth and rejuvenation within.

Tai Chi - Chi Gong - A smooth, flowing type of exercise which develops a greater sense of balance both physically and mentally.

Cycling- A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite.

Different workouts include all terrain, strength, endurance and speed techniques.

Circuit/Cross Training- Join our certified personal trainers for this intense one hour class. You will get a thorough workout using weight training, cardio, and balance focused exercises. It's also a great way to become familiar with the Fitness Center.

Stretch - Enjoy 30 minutes for a much needed stretch.

Masters Swim - An hour coached swim workout catering to all levels. Workouts are designed to help with aerobic conditioning, being especially helpful to triathletes and masters swimmers.

Bouldering Clinic - Learn the skills needed to enjoy flexibility in the vertical world of indoor bouldering. Bouldering isn't just about climbing, it's about yoga and chess with your body. Using the wall as a warm-up or a warm down can add a new dimension to your fitness goals. This drop-in style clinic will be fun, informative and on the wall.

Fitness Floor 101 - The PC MARC offers an introductory fitness floor orientation! Learn how the different machines work, the different areas of the fitness floor, etiquette, as well as get answers to any questions you may have.

