

GROUP X



SCHEDULE

MONDAY

6:00AM Boom Fitness
Maria S.

7:00AM Boom Fitness
Maria S.

8:00AM Restorative Flow
Natalia T.

9:00AM Power Core
Holly B.

9:00AM Spin Rhythm Ride
Meg M

10:30 AM Boom Fitness
Maria S.

3:45 PM Jr. Training \$
Maria S.

TUESDAY

6:00AM Booty Burn
Beth U.

7:00AM Climb & Sculpt
Cheri T.

8:00AM Body Pump
Meg M.

9:00AM Spin Rhythm Ride
Meg. M.

9:00AM Yoga Flow
Cheri T.

5:30PM Spin & Sculpt
Holly B.

6:00PM New Year, New Strength \$
Maria S.

WEDNESDAY

6:00 AM Boom Fitness
Maria S.

7:00 AM Boom Fitness
Maria S.

8:00 AM Ananda Yoga
Veena G.

9:00 AM Mat Pilates Flow
Cheri T.

9:00 AM Spin Rhythm Ride
Meg M

10:30 AM Boom Fitness
Maria S.

THURSDAY

6:00AM Booty Burn
Beth U.

7:00AM Climb & Sculpt
Cheri T.

8:00AM Body Pump
Meg M.

9:00AM Spin Power Ride
Sue K.

9:00AM Yoga Flow
Cheri T.

6:00PM Strike Fitness \$
Miki G.

FRIDAY

6:00AM Boom Fitness
Maria S.

7:00AM Boom Fitness
Maria S.

7:30AM SPIN: Sculpt & Lift
Linda M.

8:00AM Restorative Flow
Natalia T.

9:00AM Power Core
Holly B.

9:00AM Spin Power Ride
Sue K.

10:30 AM Boom Fitness
Maria S.

SATURDAY

7:30AM Active HIIT
Miki G.

8:30AM Spin Power Ride
Meg M.

8:30AM BOCO: Booty|Core
Cheri T.

9:30 AM Power Yoga
Cheri T.

SCAN or CLICK/HOLD TO SIGN UP

All participants must register



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Group Exercise Descriptions

Boom Fitness – Maria

A high-intensity interval training (HIIT) class. It includes functional fitness, such as using whole body, multi-joint exercises that stimulate movements people do in life. It's a completely new workout with different exercises for each day of class. It doesn't matter what your fitness level is—brand new to working out or high performance athlete—each and every person will do their own pace. All exercises can be modified as needed.

Body Pump – Meg

Designed to help you improve your body balance and coordination while also giving you an intense strength workout. Give it a try and see how Body Pump can help you reach your fitness goals!

Active HIIT – Miki

HIIT (high-intensity interval training) workouts are usually considered both strength and cardio, burning significantly more calories in 1/3 of the time compared to other workouts. HIIT workouts trigger the release of adrenaline and noradrenaline, both of which drive the breakdown of fat—you won't just burn calories during your workout.

Your body will function at a higher metabolic level for hours after class ends. Active HIIT is a mix of intense and powerful movements of Muay Thai kickboxing, the athletic agility of jiu jitsu, and the more basic skill of traditional boxing. It's a blended hour of vigorous circuits with weights, ropes, resistance, and endurance. You will never look at the time but rather be excited for the next station!

Body Burn – Beth

This one hour class is guaranteed to whip your body into shape by incorporating weights, cardio, and strength training. If you want a good solid workout with an emphasis on body and core.

Power Core – Holly

This includes Pilates-based mat exercises to work on core strength and stability. You'll use bands and weights as tools to enhance range of motion, flexibility, balance, and muscle strength. The goal is for you to have fun and increase your ability to perform daily activity.

Yoga Flow – Judy/Cheri

Combines breath and movement as you go through a series of postures by way of a gentle paced flow. Individual modifications are always welcomed.

Restorative Flow – Judy/Natalia

A sequence of restorative poses that stretch and strengthen your body, along with releasing tension and calming the mind.

Ananda Yoga – Veena

This class emphasizes inner awareness and engaging breath. Harmony between breath and asana is like a divine friendship. Increased circulation in bones, muscles stretching and strengthening through simple poses that also relax and calm the mind. As you move, you'll feel that you're warming up the spine and building your core.

Spin Power Ride – Sue

Targeted at endurance athletes and designed to provide a structured indoor cycling format. Be prepared to sweat! This 60-minute high-intensity, group class will increase your cardio fitness. You will be riding out of the saddle for the majority of the workout. Each class is segmented into timed intervals to include sprints, squats, lunges, and tension climbs, all set to high-energy music that's integrated to motivate and get you moving. The class includes a brief warm-up and cool down. All are welcome and to enjoy cycling!

Spin Sculpt & Lift – Linda

This class is for beginners and seasoned cyclists. The ride is set to music to motivate through sprints, climbs, jumps, and intervals, along with weights for upper-body strength and toning. It's a great way to start your day!

Spin & Sculpt – Holly/Cheri

This is the perfect blend of cardio and resistance training to burn and tone. It's one amazing workout.

Spin Rhythm Ride Tabata – Meg

This is a high-energy class that rides to the beat of fun music. It's a rhythm ride that includes intervals and weights.

Spin Power Ride – Meg

Ride to the beat of high-energy music by way of intervals and sprints.

Strike Fitness – Miki

An all-encompassing 60-minute Muay Thai-based kickboxing class, focused on the skills and purpose of self-defense in a fun and inclusive group environment. From head-to-toe, you will be introduced to proper hand and footwork, increasing personal strength and endurance, and improving coordination and technique, all while getting a powerful workout.

BOCO – BootyCore – Cheri

A booty-core, moderate to high intensity class, focusing on abdominals and glutes.

Power Yoga – Cheri

Power Yoga is a dynamic, strength-based flow that builds heat, endurance, and flexibility. This athletic-style class blends breath with movement for a full-body workout that leaves you feeling strong, focused, and energized. Ideal for those who want to challenge themselves physically while finding balance on the mat.

Mat Pilates Flow – Cheri

Join us for a full-body Mat Pilates Flow tied with elements of music to build strength, release tension and energize your body! Must sign up online and pay prior. Max of 5 classes before they must become a member.