

Spring Break Group Fitness Schedule Sunday, March 12th – Saturday, March 18th

Online bookings will not be available during this time. All class participants are asked to wear the Premier “class pass” bracelet to all classes. **Reservations Recommended** classes are noted in italics and in red. Reservations may be made at the front desk 3 days in advance in person only. See the front desk for more info on the “offline” class

Sunday 3/12	Monday 3/13	Tuesday 3/14	Wednesday 3/15	Thursday 3/16	Friday 3/17	Saturday 3/18
	TRX Bootcamp 5:30 – 6:15am Kyleigh	<i>Rhythm Ride</i> <i>5:30 – 6:15am</i> <i>Beth</i>	TRX Bootcamp 5:30 – 6:15am Merisha	<i>Rhythm Ride</i> <i>5:30 – 6:15am</i> <i>Beth</i>		
	<i>Cycle 30</i> <i>6:15 – 6:45am</i> <i>Beth</i>		Cycle 30 6:15 – 6:45am Rachel		Cycle 30 6:15 – 6:45am Shannon	
	Sculpt 30 7:00 – 7:30am Katie	<i>Core Power</i> <i>7:15 – 7:45am</i> <i>Beth</i>	Sculpt 30 7:00 – 7:30am Kyleigh	<i>Core Power</i> <i>7:15 – 7:45am</i> <i>Beth</i>	Sculpt 30 7:00 – 7:30am Shannon	
	<i>Morning Mobility</i> <i>7:30 – 8:15am</i> <i>Beth</i>		<i>Morning Mobility</i> <i>7:30 – 8:15am</i> <i>Beth</i>		<i>Morning Mobility</i> <i>7:30 – 8:15am</i> <i>Beth</i>	
	Aqua Rhythm 8:00 – 8:45am Peggy	<i>Sculpt</i> <i>8:00 – 8:45</i> <i>Beth</i>	Aqua Rhythm 8:00 – 8:45am Amanda	<i>Sculpt</i> <i>8:00 – 8:45</i> <i>Beth</i>	Aqua Rhythm 8:30 – 9:15a Beth	
	Fit for Life 8:15 – 9:15am Gina	Vinyasa Flow 8:15 – 9:30am Michelle	Fit for Life 8:15 – 9:15 Gina	Vinyasa Flow 8:15 – 9:30am Amanda	Fit for Life 8:15 – 9:15 Gina	Rhythm Ride 8:15 – 9:00am Merisha
	<i>Pure Pilates</i> <i>8:30 – 9:30am</i> <i>Becky</i>		<i>Pure Pilates</i> <i>8:30 – 9:30am</i> <i>Becky</i>		<i>Pure Pilates</i> <i>8:30 – 9:30am</i> <i>Becky</i>	Vinyasa Flow 9:00 – 10:15am Rotating
	Aqua HIIT 9:00 – 9:45am Peggy	<i>Morning Mobility</i> <i>9:45 – 10:30am</i> <i>Michelle</i>	Aqua HIIT 9:00 – 9:45am Kimberly	<i>Morning Mobility</i> <i>9:45 – 10:30am</i> <i>Kyleigh</i>	Aqua 30 9:30 – 10am Beth	Aqua HIIT 9:00 – 9:45am Joyce
	<i>Kickboxing Fusion</i> <i>9:30 – 10:30am</i> <i>Michelle</i>	<i>Chair Conditioning</i> <i>10:00 – 11:00am</i> <i>Robin</i>	<i>Step Revolution</i> <i>9:30 – 10:30am</i> <i>Beth</i>	<i>Chair Conditioning</i> <i>10:00 – 11:00am</i> <i>Robin</i>	<i>HIIT Threat</i> <i>9:30 – 10:30am</i> <i>Kyleigh</i>	<i>METCON</i> <i>9:30 – 10:30am</i> <i>Kyleigh</i>
Fusion Flow 10:30 – 11:30am Kimberly	Rhythm Ride 9:30 – 10:15am Robin	Aqua HIIT 10:00 – 10:45am Amanda	Rhythm Ride 9:30 – 10:15am Robin	Aqua HIIT 10:00 – 10:45am Amanda	Vinyasa Flow 9:45 – 11:00am Emily	Cycle Sculpt 10:00 – 10:45am Shannon
Aqua Rhythm 10:30 – 11:15am Amanda		Restorative Yoga 10:45am – 12:00pm Ana				Aqua Zumba 10:00 – 10:45am Lana
	<i>Chair Yoga</i> <i>10:00 – 11:00am</i> <i>Amanda</i>	Aqua Flow 11:00 – 11:45am Amanda	<i>Chair Yoga</i> <i>10:00 – 11:00am</i> <i>Amanda</i>	Aqua Flow 11:00 – 11:45am Amanda	<i>Morning Mobility</i> <i>11:15 – 12:00pm</i> <i>Michelle</i>	<i>Morning Mobility</i> <i>10:30 – 11:15am</i> <i>Joyce</i>
<i>Rhythm Ride</i> <i>12:30 – 1:15pm</i> <i>Kyleigh</i>	Sculpt 11:00am – 12:00pm Robin	Rhythm Ride 12:00 – 12:45pm Robin	Sculpt 11:00am – 12:00pm Kyleigh	Rhythm Ride 12:00 – 12:45pm Robin	Pure Pilates 12:15 – 1:15pm Cathrie	<i>Sculpt</i> <i>11:00am – 12:00pm</i> <i>Kyleigh</i>
	Vinyasa Flow 11:30am – 12:45pm Ferdouse	Barrelates 12:15 – 1:15pm Cathrie	Vinyasa Flow 11:30am – 12:45pm Ferdouse	Barrelates 12:15 – 1:15pm Cathrie		Ashtanga Yoga 11:30am – 1:00pm Ferdouse
Breath & Balance 1:30 – 2:30pm Chris	Barre 4:30 – 5:30pm Jen	Cardio Barre 4:30 – 5:30pm Becky	Barre 4:30 – 5:30pm Jen	Cardio Barre 4:30 – 5:30pm Becky		
Zumba 3:00 – 4:00pm Peggy	<i>HIIT Threat</i> <i>5:45 – 6:45pm</i> <i>Emeka</i>	Cycle 30 5:00 – 5:30pm Shannon	<i>HIIT Threat</i> <i>5:45 – 6:45pm</i> <i>Shannon</i>			
	Vinyasa Flow 5:45 – 7:00pm Michelle	<i>Sculpt</i> <i>5:45 – 6:45pm</i> <i>Kyleigh</i>	Vinyasa Flow 5:45 – 7:00pm Emily	<i>Sculpt</i> <i>5:45 – 6:45pm</i> <i>Kyleigh</i>	Vinyasa Flow 5:45 – 7:00pm Emily	
	Zumba 7:00 – 8:00pm Fred	Fusion Flow 5:45 – 6:45pm Jen	Zumba 7:00 – 8:00pm Randy	Fusion Flow 5:45 – 6:45pm Michelle		

Spring Break Schedule Class Descriptions

- **Ashtanga Yoga** follows a set sequence of poses that are practiced in each class.
- **Aqua Flow** fuses the practices of yoga and Pilates for a mind/body experience in the water
- **Aqua HIIT** combines bursts of high energy movements with varying rest periods. This naturally low-impact class will challenge your stamina and strength. Aqua 30 is a 30-minute offering of this class.
- **Aqua Rhythm** comfortably tones and strengthens muscles while developing coordination, improving flexibility, and building cardiovascular stamina.
- **Barre** Low impact movements are combined with high repetitions to energize your entire body, creating long, lean and powerful muscles. **Barrelates** unifies the practice of Barre with the practice of Pilates.
- **Breath & Balance** unlock mobility, promote stability and restore functional movement and breathing patterns that have been lost due to a more sedentary lifestyle.
- **Cardio Barre** is a high intensity but low impact version of Barre. With high repetitions, fast paced tempos and wider range of motion – Cardio Barre will leave you sweating and feeling strong!
- **Chair Conditioning** will help participants complete their activities of daily living by training the body to move in all directions, improve balance, and increase strength and flexibility.
- **Chair Yoga** is a gentle form of yoga that can be done sitting in a chair or standing on the ground using the chair for support.
- **Core Power** is designed to build core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.
- **Cycle 30** will make the most of your time. This 30-minute class will elevate your heart rate and leave you feeling invigorated. Cycle 30 is a great compliment to Sculpt 30 and Sculpt!
- **Cycle Sculpt** combines the best of our indoor cycling classes with intervals upper body strength exercises. Light dumbbells are used through high repetitions to help keep your heart rate elevated.
- **Fit for Life** is a low impact interval training class that fuses cardio, strength and balance. This class is perfect for active agers and those new to exercise.
- **Fusion Flow** unifies the practice of yoga with the practice of Pilates for a dynamic class to compliment any routine!
- **HIIT Threat** will challenge your mind and body as our energetic coaches push you to find new levels of strength, cardio and conditioning!
- **Kickboxing Fusion** blends cardio kickboxing with traditional step aerobics into one class for true cardio blitz!
- **METCON** will exert your cardiovascular system and help you build strength.
- **Morning Mobility** is a guided stretch class that will improve your range of motion and retain free movements in damaged joints.
- **Pure Pilates** allows you to work the deepest layers of core muscles, which help to stabilize and support your spine and pelvis.
- Restorative Yoga
- **Rhythm Ride** is 45-minute high intensity, low impact interval-based indoor cycling class.
- **Sculpt** is a functional strength training class that focuses on compound movements in all planes of motion. **Sculpt 30** is an express offering of our staple 'Sculpt' class.
- **Step Revolution** is a throwback to the classic step aerobics that helped shape the fitness industry!
- **TRX Bootcamp** is a circuit style class is perfect for all levels as participants will work at their own pace, with modifications. A great challenge for the conditioned athlete and those new to exercise.
- **Vinyasa Flow** mindfully integrates movement with breath. Vinyasa Flow allows participants to explore new movements and balances, providing modifications for all.
- **Zumba** is an energizing and internationally recognized aerobic workout that combines fast and slow rhythms, much like other interval- based classes. **Aqua Zumba** is held in the aerobics pool.