



Monday

- 7 AM **Life Force Essence***
- 9 AM Strength & Conditioning
- 10 AM Nia
- Silver & Strong
- 11 AM Silver Sit n Fit
- 5:30 PM Dance2Fit
- 6:30 PM All Levels Yoga
- 7 PM Dance2Fit Toning

Thursday

- 9 AM Tai Chi (Beginner)
- 9:30 AM Gentle Yoga
- 10 AM Pilates
- 11 AM **Fitguanco***
- 5:30 PM Evening Aerobics
- Dance2Fit
- 6:30 PM Xtreme Hip Hop
- 7:30 PM **Hip Hop Cycle***

Tuesday

- 7 AM Total Body Strength
- 9 AM Tai Chi (Beginner)
- 9:30 AM Gentle Yoga
- 10 AM Pilates Basic
- Tai Chi (Intermediate)
- 11 AM Joysticks
- 12:15 PM Joysticks
- 4:30 PM HIIT
- 5:30 PM Evening Aerobics
- 6 PM Beginner Yoga
- 7 PM **Fitguanco***
- 7:30 PM **Hip Hop Cycle***

Friday

- 8:45 AM Joysticks
- 9:30 AM Chair Yoga
- 10 AM Joysticks
- 12 PM Total Body Strength
- 5:30 PM Dance Club Cardio
- 6 PM Beginner Yoga

Wednesday

- 7 AM Total Body Strength
- 9 AM Tai Chi (Advanced)
- Strength & Conditioning
- 10 AM All Levels Yoga
- 11 AM Silver Sit n Fit
- 6:30 PM Dance Club Cardio
- 7:30 PM Beginner Cycle

Saturday

- 8:30 AM All Levels Yoga
- 9:45 AM HIIT
- 10 AM **Hip Hop cycle***
- 1 PM **Kundalini Yoga***

*** Classes in yellow not included in cost of membership**

where *fitness* gets better

All Levels Yoga

All levels yoga focuses on increased awareness and mindfulness of the breath and body to help quiet the nervous system. This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to increase flexibility, strength and balance. Everyone is welcome. Modifications and variations will be offered for all levels of practitioners.

Beginner Cycle

Not ready for an advanced spin class yet? Join our beginner cycle class! You'll learn the cycling basics while still getting a great workout.

Beginner Yoga

Beginner Yoga is the sequencing of postures with interlinking transitional movement and synchronized breathing patterns. These lead to a balanced workout and mental clarity.

Dance2Fit

An exhilarating cardio class to radio hits (pop, club, hip hop) that uses easy-to-follow moves; combining fast and slow rhythms (interval training) to tone and sculpt your body while burning fat.

Dance2Fit Toning

An exhilarating 30 minute cardio dance class to radio hits that uses easy-to-follow moves followed by a 30 minute weight circuit to tone and sculpt your body while burning fat!

Dance Club Cardio

This High Intensity cardio fitness experience is perfect for those who love to shake and sweat!! With Party lights and the best beats, you will feel like you're in the club. Come torch calories, get out of your comfort zone, push your intensity, shake your booty, and transform!

Evening Aerobics

A high energy class that is open to all fitness levels! Participate in 35 minutes of aerobics followed by dumbbell work and stretching. Improves cardiovascular fitness, strength and flexibility.

Fitguanco

Get ready to move your body and feed your soul! Immerse yourself in this mind-body-spirit class that combines rhythm & beats, drums, dance, isometric-training, and meditation.

Gentle Yoga

Gentle Yoga is a slow flow class focusing on the mind-body connection, breathwork and meditation. Moving mindfully, we will emphasize stretching, strengthening and releasing muscle tension while calming the mind.

Hip Hop Cycle

Hip Hop cycle is a class that combines rhythmic cycling and hip-hop music with a high energy workout. Classes include interval training, sprints, climbs and core exercises. Hip Hop cycle will strengthen your glutes, hamstrings, quads, calves and core. Bring a towel and water to make the most of your ride.

HIIT

"In this high-intensity strength and cardio class, we synchronize our workout with 12 songs, each corresponding to a specific muscle group. As the music plays, you'll engage in exercises targeting that particular muscle group.

Joy Sticks Cardio Drumming

Break out of the mold & get into the beat with this riveting cardio drumming class! The workout is centered around medium intensity cardio movements that increase mobility, flexibility, stretching and core strength. The class is primarily geared towards Active Adults but also provides a solid workout for all ages! Using supplied drumsticks and stability balls, the routines are choreographed to upbeat Pop, R&B and Country hits. You'll have so much fun drumming to the music, you'll forget you're even working out!

Kundalini Yoga

Experience a dynamic mix of postures, breathing techniques, mantras, music, relaxation and meditation designed for self-healing and elevation. This class will help you relax and release anxiety from your body.

Life Force Essence

A harmonious mix of intuitive dance, dynamic yoga movements targeting the chakras, relaxation through sound baths, and moments of self reflection.

Nia Mindful Movement

Nia is a fusion of dance, martial arts and mindfulness. Nia is a holistic movement and wellness practice addressing each aspect of your life-mind, body and soul.

Pilates Basic

This total body conditioning class uses a variety of equipment to help participants move with ease and to improve core stability, range of motion, flexibility, and strength!

Silver & Strong

An advanced level active adult class to help improve balance and coordination while also increasing strength and flexibility.

Silver Sit N Fit

A chair exercise class for active adults. This class still allows you to work on your balance, coordination and gain strength all from the comfort of a chair. This class offers a variety of modifications for those who need them.

Strength & Conditioning

A 45 minute class using weights that focus on building muscle and endurance. Challenge your body with exercises such as squats, overhead presses and planks all to help you to become the best version of you!

Tai Chi

This Tai Chi form is easy to learn and understand. With only 16 moves to perform, Yang Style is even, gentle, and slow moving to provide increased balance, improved flexibility and stress reduction. If you are looking for a Tai Chi form that is easy to learn, this is it.

Total Body Strength

Come start your morning on a high note with this 50 minute strength class. This class has a station set up and utilizes equipment such as barbells, kettlebells, spin bikes and more! Bring your water and get ready to sweat!

Xtreme Hip Hop

A high cardio step class with a hip hop feel! Come step your way to hip hop beats in this one hour class all while torching calories and having fun! Bring your towel and water and get ready to work.