

Club Hours

24-Hour Members Only Access

Staffed Hours

Monday-Thursday 8am-8pm

Friday 8am-6pm

Saturday & Sunday 8am-2pm



**SEPTEMBER
CLASS SCHEDULE
SEPTEMBER 2-28, 2014**

Class	Days/Times	Instructor		Class	Days/Times	Instructor
Boot Camp(TBD)	Sunday-8:30am	Frank		Step(Studio)	Tuesday-8:15am	Bonnie
Burn & Firm (Studio)	Sunday-9:00am	Marci		Sweat HIIT Cardio(Wt. Floor)	Wednesday-6:00am Saturday-6:45am	Sheila Sheila
Cardio Boxing (Boxing Area)	Tues & Thurs-5:00am Tues & Thurs-8:45am Tues & Thurs-6:30am Saturday-9:00am	Frank Frank Frank Frank		20/20/20 (Studio)	Tues & Thurs-9:30am	Brenda
Dance Party (Studio)	Wednesday-9:30am	Brenda		Transformer Body Sculpt(Wt. Floor)	Mon & Fri-6:00am	Sheila
Elite Workout (Boxing Area)	Monday-5:30pm Wednesday-7:00pm	Sheila Mike		TRX/RIP (Boxing Area)	Tues & Thurs-5:30pm	Frank
Funk Fusion (Studio)	Mon & Wed-5:45pm Saturday-9:30am	Lorenzo Lorenzo		Weighted Workout (Studio)	Monday-8:15am	Brenda
Gentle Yoga (Studio)	Tuesday-10:45am Thursday-10:45am	Mikal Pamela		Yoga (Studio)	Sunday-10:45am	Mary
Group Training (Weight Floor/ Boxing Area)	Mon, Wed & Fri-5:00am Tues & Thurs-6:00am Monday-6:30pm	Sheila Mike Mike		Yoga-Level 1 (Studio)	Monday-4:30pm Wednesday-4:30pm	Mikal Pamela
Hard Core Chisel (Studio)	Friday-8:15am	Bonnie		Yoga-Level 2 (Studio)	Saturday-8:15am	Mikal
Mat Pilates (Studio)	Wednesday-8:15am Friday-9:30am	Brenda Brenda		Yogalates (Studio)	Monday-10:45am	Francie
Pump, Push & Pull (Studio)	Tues & Thurs-7:00pm	Bonnie		Zumba (Studio)	Monday-9:30am Monday-7:00pm Thursday-5:45pm Friday-10:45am	Dale Liz Lorraine Ellie

Class Descriptions

BOOTCAMP/ELITE WORKOUT

This class is like none other you will experience. The use of functional movements with kettlebells, medicine balls, weighted bags, free weights, TRX and battle ropes to give you muscle conditioning and strength for the ultimate workout.

BURN & FIRM

A class combining cardio and body sculpting for a total body workout.

CARDIO BOXING

This class is a high intensity, energetic and challenging class. The use of heavy bags for different punching and kicking combinations and different plyometric exercises improve strength, endurance and conditions the entire body.

DANCE PARTY

Warm up and the heat is on. This class combines various dance steps in patterns to work your body while you experience a fun dance party atmosphere.

FUNK FUSION

Funky moves for your workout groove. This class combines the intricacies of hip-hop dance with the intensity of a cardio-funk workout that is fun, fun, fun.

GENTLE YOGA

A gentle practice of the mind/body fundamentals of Yoga for the beginner and those needing a gentler Yoga workout.

GROUP TRAINING

Circuit Training is a growing trend in the fitness industry. It combines personal training in a small group atmosphere at an affordable price. It will focus on all areas of fitness from fat loss, improving strength, endurance and conditioning.

HARD CORE CHISEL

This class is a muscle conditioning class that incorporates movement for functional fitness. Weights are used in a cardio-intensive style that will get you fit for life.

MAT PILATES

This class, which is based on the Pilates Method, offers total body conditioning that develops mind and body uniformity while addressing balance, strength and flexibility with focus on the core, "the powerhouse".

PUMP, PUSH & PULL

A body sculpting class that uses free weights and body weight to strengthen and tone the muscles. Abdominal work and stretches are included.

STEP

This intermediate to advanced class combines various stepping patterns for a high intensity workout.

SWEAT HIIT CARDIO

This class is a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

20/20/20

A class that gives you the best of three workouts: low impact aerobics for cardio, weights for muscle conditioning, abs and stretches.

TRANSFORMER BODY SCULPT

This class combines cardio, weights and moves which will improve your strength and conditioning and change your body.

TRX/RIP

TRX Training is a registered apparatus which uses a method of leveraged bodyweight to perform exercises. You work at your level to perform exercises that build power, strength, flexibility, balance, and mobility.

WEIGHTED WORKOUT

A class which uses free weights to strengthen and sculpt your muscles.

YOGA

Balance your mind and body using various styles/disciplines of Yoga to increase strength, endurance and flexibility. This class is for all fitness levels and will invigorate the body while calming the mind.

YOGA-LEVEL 1

An intermediate level class which uses various styles/disciplines of Yoga to increase strength, endurance and flexibility.

YOGALATES

A class that combines various styles of yoga with mat pilates to balance your mind and body and strengthen your core.

ZUMBA

Zumba is a Latin-inspired, calorie-burning, feel-it-to-the-core dance-fitness party that leaves you feeling energized and exhilarated.