

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

REVISED 1/14/19

4:15 AM

Functional Fitness with Matt

Functional Fitness with Matt

5:00 AM

Spinning with Sherrod  
Step Challenge with Amelia

Spinning with Richard  
Body Pump with Amelia

Spinning with Julie  
Step Challenge with Cheryl

Spinning with Richard  
Body Pump with Amelia

Spinning with Sherrod  
Kick & Tone with Cheryl

6:00 AM

Spinning with Richard

HIIT with Mike

Spinning with DeAngela

HIIT with Mike

Spinning with Jared

**SATURDAY**

6:30 AM

Yoga with Bharti

Yoga with Bharti

Yoga with Bharti

7:00 AM  
Body Pump with Amelia

8:20 AM

Yoga with Bharti

Yoga with Kathleen

Yoga with Bharti

Yoga with Kathleen

Yoga with Bharti

Family Yoga with Amelia

8:30 AM

HIIT with Liza  
Water Aerobics with Tiffany

Spinning with Liza  
Power H2O with Taylor

HIIT with Liza  
Water Aerobics with Arica

Spinning with Liza  
Power H2O with Taylor

HIIT with Liza  
Water Aerobics with Arica

9:00 AM  
Spinning with Richard

9:20 AM

Power Pump with Bharti

Bootcamp Kick with Brenda

Power Pump with Bharti

Bootcamp Kick with Brenda

Power Pump with Bharti

Family Zumba® with Adrienne

9:30 AM

Spinning with Jared

Spinning with Jared

Spinning with Arica

9:30 AM  
Kardio&Kick with Cheryl

10:20 AM

Silver Sneakers with Bharti

Silver Sneakers with Liza

Silver Sneakers with Bharti

Silver Sneakers with Liza

Silver Sneakers with Bharti

10:15 AM  
Spinning with Richard

10:30 AM

Boxing with Mike

Boxing with Mike

Boxing with Mike

**Saturday**  
10:45 AM  
Silver Sneakers Classes  
Yoga with Liza  
Boom Move with Noelia  
Classes Alternate\*

11:20 AM

Barre with Taylor

Barre with Taylor

12:10 PM

Yogalates with Greta

TRX/Circuit with Honoria

Barre with Greta  
Spinning with Jared

TRX/Circuit with Honoria

Yogalates with Greta

Barre with Ursula

**SUNDAY**  
2:30 PM  
Spinning with Jen/Sherrod

1:10 PM

Boxing with Mike

Boxing with Mike

3:30 PM  
Circuit/HIIT with Jen/Sherrod

4:30 PM

HIIT with Rose

Cardio & Tone with Reagan

Cardio & Tone with Jen  
HIIT with Rose

Cardio & Tone with Reagan

Boot Camp with Rose  
Spinning with Liza

**SATURDAY**  
12:10PM  
Regimen Total (Total body Regimen) con Honoria  
Baile Para Tonificar (Dance To Tone) con Noelia  
Classes Alternate\*

5:30 PM

Spinning with Amelia

Power Yoga with Amelia  
Spinning with Richard

Power Pump with Rose

Power Yoga with Amelia  
Spinning with Richard

Barre with Ursula

6:00 PM

Zumba® Nouveaux with Christina

Zumba® Nouveaux with Christina

Zumba®-Mania with Kenya

6:30 PM

Spinning with Reagan  
Pilates with Shani  
Water Aerobics with Arica

Spinning with Taylor  
Cardio & Tone with Reagan

Spinning with Reagan  
Pilates with Shani  
Water Aerobics with Arica

Plyometric Circuit with Reagan

7:30 PM

Upper Body Sculpt with Reagan  
Boxing with Mike

Boxing with Mike

Lower Body Sculpt with Reagan

Boxing with Mike

Pool
Main Studio
Y&T Spin Studio
Gym
HIIT Studio

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**WINTER GROUP X (Exercise)**

# CLASS DESCRIPTIONS

**BAILE PARA TONIFICAR:** Baile para tonificar el cuerpo es una clase para hacer ejercicios en grupo que incluye diferentes estilos de danzas y ritmos. El objetivo de estos ejercicios es tonificar diferentes grupos de musculos y esbeltizar el cuerpo. Esta clase es una forma divertida de hacer ejercicios intensos sin darse cuenta!" Translation: **(DANCE TO TONE):** Dance to Tone is type of group exercise class that incorporates some or many forms of dance styles & rhythms. Toning dance workouts target smaller muscle groups to tone and slenderize the body. This class is about having fun and getting a great high intensity workout without realizing that you're working out!

**BARRE:** A total mind and body transformation. Barre brings in elements of dance, ballet, functional strength, pilates and yoga to create an adrenaline-fueled workout that strengthens, lenghtens and chisels the body, ensuring that no muscle is overlooked!

**BODY PUMP:** Get lean, build strength and tone muscle with BODYPUMP. The original barbell class that shapes, tones and strengthens your entire body.

**BOOT CAMP:** Get ready for fitness that addresses all areas of fitness including cardio and muscular endurance, fat loss and weight loss, full body strength, agility, balance, flexibility, and most important...fun!!

**BOXING:** Based on the training of professional boxers, Group X boxing is an intense cardiovascular workout utilizing repetitive motion in punching and movement to shred those calories!

**CARDIO AND TONE:** Combinations of high/low cardio combined with weights....total body workout!!!

**BOOT CAMP KICK:** Intervals of kick combinations with bootcamp moves designed to give you an amazing wokout from head to toe, focusing on form and metabolic conditioning.

**FUNCTIONAL FITNESS:** This class employs your body weight and simple physics to create an unlimited range of resistance and complete range of functional exercises. Get ready for some military training!

**HIIT:** Get ready for a type of workout that will leave you dripping in sweat and work those muscles from head to toe! High Intensity Interval Training (HIIT) calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of active recovery. Designed with all fitness levels in mind, this type of training gets your heart rate up and scorches calories in less time.

**INSANITY:** For people willing to work hard, drop sweat, and ignore the voice that says "This Is Too Hard." Insanity is for you. High intensity interval training designed to torch maximum calories and take your body to new levels.

**KARDIO KICK:** Fusion of boxing, martial arts and aerobics usually done rhythmically to music. Offering an intense cross-training and total-body workout utilizing the training routines used by combat athletes in martial arts, boxing and kickboxing.

**KICK AND TONE:** A combination of Kardio Kick and weight training. A high-energy class with strength, cardio and stabilization moves combined into one!

**KICKBOXING:** In this convergence of kickboxing, calisthenics & aerobics expect to kick your powerhouse into high gear! "Dynamic!" "Intense" "Muscle-burning" & "Body-sculpting" are all great testimonial words we've heard describing this class.

**LOWER BODY SCULPT:** Designed strictly for the lower body muscles such as Gluteus, Hamstrings, Quadrilaterals and Calves! It is packed with squats, lunges and a multitude of workouts to tighten and tone the lower body! Good class for beginners as well as the advanced.

**PILATES:** A mind-body intervention which focuses on strength, core stability, flexibility, muscle control, posture, and breathing.

**PLYOMETRIC CIRCUIT:** A circuit class designed for those wanting to get a high intensity workout. Plyo exercises are when the muscles exert maximum force in short intervals. This class will increase your power and speed strength.

**POWER PUMP:** Get a good pump on in this fun, total-body workout which teaches proper lifting techniques using barbells & plates. This class is designed to firm, tone, strengthen & define your muscles from head to toe!

**POWER YOGA:** A Yoga class that will move from one posture into another. This class focuses on muscle strength and flexibility, along with balance and endurance. Your whole body will be worked as we include joint and back friendly squats, lunges, and abdominal poses.

**REGIMEN TOTAL:** Un ejercicio Total donde ejercitamos el cuerpo de pies a cabeza! Haciendo cardio y tonificamos los músculos utilizando diferentes tipo de equipo el cual hará el hacer ejercicio una forma divertida al escuchar música latina con mucha energía!

**(TOTAL BODY REGIMEN):** A head to toe work out, where we tone all the muscles. High-energy cardio workout utilizing different types of equipment while we listen to high-energy Latin music!

**SILVER SNEAKERS:** A total body conditioning class offering exercises for your upper and lower body designed to increase muscular strength, range of movement and activities for daily living. Resistance tools and a chair for seated and standing support are used to increase the effectiveness of functional skills and abilities.

**SPINNING®:** Spinning is an aerobic exercise that takes place on a specially designed stationary bicycle called a Spinning Bike. Spinning brings health and fitness to every life style. If you're looking for a calorie burning, energizing, fun workout, we can help you do that!!!! Ages 16 and up.

**STEP CHALLENGE:** Experienced steppers wanted! Combinations of high/low step patterns are choreographed to energetic music for the ultimate aerobic experience.

**TRX:** Suspension training is the best workout system that leverages gravity and your body weight to perform exercises.

**UPPER BODY SCULPT:** A workout based strictly on the upper body muscles, such as Biceps, Triceps, Shoulders, Chest, and Back! Great class for beginners and the advanced!

**WATER AEROBICS:** Use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No swimming is required in water aerobics, and flotation devices are used frequently. Water exercise helps increase your energy, stamina and strength.

**YOGA:** This mind-body practice concentrates on both your physical health & mental well-being. We use a variety of styles during class including Vinyasa flows, Hatha bodily postures (asanas), specific breathing techniques (pranayama), & meditation techniques (dyana) with the goal of bringing about a sound, balanced body & a clear, peaceful mind.

**YOGALATES:** A fusion of Yoga and Pilates, combine core pilates exercises with the postures and breathing techniques of power yoga. This class will increase core stability and power while building strength and flexibility to awaken your spirit and sculpt your entire body.

**ZUMBA® Nouveaux:** ZUMBA® Nouveaux fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout in an atmosphere with attitude that will blow you away. ZUMBA® is for everyone at any level.

**ZUMBA®-MANIA:** If you can handle ZUMBA® then you can handle this hour and a half long class of hypnotic Latin rhythms!!

CHILD WATCH HOURS
Mon., Tues., Thurs.: 8 AM - 1 PM & 4 PM - 8:30 PM
Wed. & Fri.: 8 AM - 1 PM & 4 PM - 7:30 PM
Saturday: 9 AM - 2 PM
Sunday: 2 PM - 5 PM

YOUTH & TEEN HOURS
Monday - Thursday: 4 PM - 8 PM
Friday: 4 PM - 7 PM

• AGES 12 AND UP ARE ALLOWED IN THE GROUP FITNESS ROOM AS LONG AS THEY ARE WITH THEIR PARENT AND HAVE GONE THROUGH YOUTH AND TEEN ORIENTATION  
\* SPINNING AGES 16 AND UP