



# MAY GROUP EX SCHEDULE

- Some classes are also available virtually through Mindbody live streaming at no additional cost.
- Reserve your spot in Mindbody starting at 6am two days before your live or virtual class.
- Registration closes 30 minutes before class starts. Links for virtual classes will be sent at that time.
- Waitlist policy: any spots open at the start of class can be filled by members present on the waitlist.
- Any additional spaces in in-person classes will be filled on a first-come-first-served basis.
- Please be courteous to other members and arrive to class no later than 5 minutes before the start time, refrain from taking phone calls, and avoid disruptions by not talking during class.

## MONDAY

**TOTAL BODY**  
6:00 - 6:45 a.m  
community room/virtual  
with Cassie

**MAT PILATES**  
8:00 - 9:00 a.m  
dance studio/virtual  
with Susan

**PUMP IT UP**  
8:15 - 9:00 a.m  
gym/virtual  
with Theresa

**POP UP EXPRESS SPIN (5/1 & 5/22)**  
8:45 - 9:15 a.m  
community room  
with Rotating Instructors

**SPIN**  
9:30 - 10:30 a.m  
community room  
with Theresa

**ESSENTRICS**  
11:00 a.m. - 12:00 p.m  
community room  
with Jill

**SILVER SNEAKERS**  
12:30 - 1:15 p.m  
community room/virtual  
with Jess

**SPIN**  
5:30 - 6:15 p.m  
community room  
with Amy

**ZUMBA**  
6:00 - 7:00 p.m  
gym  
with Lin

**ARMS, ABS & GLUTES**  
6:30 - 7:15 p.m  
community room  
with Amy

## TUESDAY

**SPIN & SCULPT**  
6:00 - 6:45 a.m  
community room  
with Kristi

**SPIN**  
7:30 - 8:15 a.m  
community room  
with Amy

**ESSENTRICS**  
8:30 - 9:30 a.m  
community room  
with Carolyn

**TRX BODY POWER**  
8:45 - 9:30 a.m  
gym/virtual  
with Cassie

**RELAX AND RESTORE YOGA**  
10:00 - 11:00 a.m  
community room/virtual  
with Theresa

**CARDIO REBOOT**  
10:15 - 11:15 a.m  
track  
with Rachael

**ESSENTRICS**  
11:15 a.m - 12:15 p.m  
community room  
with Jill

**EXPRESS SPIN**  
5:30 - 6:00 p.m  
community room  
with Amy

**TOTAL BODY STRENGTH**  
6:15 - 7:00 p.m  
community room/virtual  
with Amy

**VINYASA FLOW YOGA**  
7:15 - 8:15 p.m  
community room/virtual  
with Becca

## WEDNESDAY

**CARDIO CRAZE**  
6:00 - 6:45 a.m  
gym/virtual  
with Cassie

**SPIN**  
8:15 - 9:00 a.m  
community room  
with Theresa

**ESSENTRICS**  
9:30 - 10:30 a.m  
community room  
with Carolyn

**CIRCUIT TRAINING**  
9:30 - 10:30 a.m  
gym  
with Theresa

**SILVER SNEAKERS**  
12:30 - 1:15 p.m  
community room/virtual  
with Jess

**BODY SCULPT**  
5:30 - 6:15 p.m  
community room  
with rotating instructors

**TRX COMBO CLASS**  
6:15 - 7:00 p.m.  
gym  
with rotating instructors

## THURSDAY

**POWER TONE**  
5:45 - 6:30 a.m  
community room/virtual  
with Jen

**ESSENTRICS**  
8:15 - 9:15 a.m  
community room  
with Carolyn

**TRX STRENGTH COMBO + STRETCH**  
8:45 - 9:45 a.m  
gym/virtual  
with Theresa

**SPIN**  
9:45 - 10:30 a.m  
community room  
with Jen

**RELAX AND RESTORE YOGA**  
11:15 a.m - 12:00 p.m  
community room/virtual  
with Cassie

**CYCLING**  
4:45 - 5:30 p.m  
community room  
with Mike

**CIRCUIT TRAINING**  
5:30 - 6:15 p.m  
gym  
with rotating instructors

**ZUMBA**  
6:00 - 7:00 p.m  
community room  
with Lin

## FRIDAY

**SPIN & SCULPT**  
6:00 - 6:45 a.m  
community room  
with Kristi

**VINYASA FLOW YOGA**  
8:00 - 9:00 a.m  
dance studio/virtual  
with Becca

**POP UP EXPRESS SPIN**  
5/5; 5/12; 5/19/5/26  
8:45 - 9:15 a.m  
community room  
with Rotating Instructors

**TONE CENTRAL**  
9:30 - 10:15 a.m  
gym/virtual  
with Cassie

**SPIN**  
9:30 - 10:30 a.m  
community room  
with Theresa

**ESSENTRICS**  
11:00 a.m - 12:00 p.m  
community room  
with Jill

**SILVER SNEAKERS**  
12:30 - 1:15 p.m  
community room/virtual  
with Jess

## SATURDAY

**SPIN**  
8:00 - 8:45 a.m  
community room  
with Cassie

**TABATA**  
9:00 - 10:00 a.m  
gym  
with Theresa

**KUNDALINI YOGA**  
9:15 - 10:45 a.m  
dance studio  
with Moni

**POP UP ESSENTRICS**  
5/13; 5/20; 5/27  
9:15 - 10:15 a.m  
community room  
with Jill

**MIXED FIT NO CLASS 5/20**  
10:30 - 11:30 a.m  
community room  
with Erin

## SUNDAY

**SPIN**  
9:15 - 10:00 a.m  
community room  
with Jen

**MAT PILATES**  
9:15 - 10:00 a.m  
dance studio - 5/7;  
5/21  
virtual only- 5/14;  
5/28  
with Brittany

**ARMS, ABS & GLUTES**  
10:15 - 11:00 a.m  
community room/virtual  
with Jen

**ARMS, ABS & GLUTES** - This "no-cardio", 30 min class will focus on strengthening and toning your arms and abs. Class will vary each week using body weight exercises, dumbbells, bands and other equipment. All levels are welcome.

**BODY SCULPT** - Build incredible strength, mobility and power through primal movement patterns (hinges, bear crawls, crab walks, etc.). Mastering calisthenics and resistance bands, and enhancing muscle tone and explosiveness through the use of dumbbells and kettlebells All levels welcome.

**CARDIO CRAZE** - This is a full-body workout meant to get your heart pumping by supplementing strength training with short bursts of intense cardio. Meant for all fitness levels with modifications or progressions provided for everyone.

**CARDIO REBOOT** - Get your running shoes ready! This cardio strength class takes place on our indoor track. It is a timer based class that uses intervals to work on improving your cardiovascular endurance and build strength using bodyweight exercises and different types of equipment. It is sure to burn off some serious calories in a fun, safe way!

**CIRCUIT TRAINING** - This high energy circuit training class checks all of the boxes. Cardio, strength and core moves are incorporated into stations. We use a wide variety of equipment and the timer keeps you on track and allows you to work at your own pace. All levels are welcome.

**ESSENTRICS** - A dynamic, full-body workout suitable for all fitness levels and ages, that simultaneously combines stretching and strengthening. This class will increase flexibility and mobility for a healthy, toned and pain-free body.

**KUNDALINI YOGA** - This class is based on the teachings of the 5000-year-old Kundalini Yoga found in the writings in the Upanishads of ancient India, and on instructor Moni's own unique life experiences. The infinite, cosmic Kundalini energy is asleep at the base of the spine in all human beings. With Pranayama (breathing), mudras, asanas, meditation and mantra this energy gently awakens and rises for a sense of physical well-being, balance in body and mind, and a true connection to one's soul.

**MAT PILATES** - Engage your mind while intentionally becoming aware of your breathing, concentration and posture. Use the classical Pilates method to activate your core through mixed level exercises. Create elongated muscles, body alignment and increased relaxation.

**MIXXEDFIT** - A hip-hop based dance cardio fitness program that combines dance movements with bodyweight toning. Get your sweat on dancing to today's hit songs and yesterday's favorites!

**POUND** - This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using lightly weighted drumsticks designed specifically for exercising, POUND transforms drumming into an incredibly effective and fun way of working out. Designed for all fitness levels and appeals to all ages and abilities.

**POWER TONE** - Start your day with this total body workout. Sets of strengthening and toning exercises mixed with bursts of cardio will give you an effective workout to help you tone muscles, boost metabolism, and continue to burn calories all day long! Never do the same class twice: format changes every week. Appropriate for all fitness levels as all exercises can be modified or amplified!

**PUMP IT UP STRENGTH** - Get ready for a full body strength-based class that focuses on building, sculpting and defining your entire body. This timer based class uses a combination of bodyweight, dumbbell and band exercises to maximize your efforts and get you the results you are looking for. All levels are welcome.

**RELAX AND RESTORE YOGA** - This yoga class is designed to help us relax and restore our mind and body. Traditional yoga poses and breathing are used to help us increase flexibility, release tension, work on mobility and range of motion and bring us to a more relaxed state by the end of class. All levels are welcome. Please bring your own mat.

**SILVER SNEAKERS STABILITY** - A class for older adults that incorporates exercises to improve balance, flexibility, gait training and stability in a safe, fun environment. An instructor will guide you through a series of exercises in and out of the chair. All levels welcome.

**SILVER SNEAKERS CLASSIC** - Provides a well rounded workout for older adults by incorporating exercises to improve strength and flexibility as well as skills for fall prevention and functional movement patterns. The instructor will guide you through a series of exercises in and out of the chair. All levels welcome.

**SPINNING** - Lose your worries and gain endorphins in this exhilarating cycling class. We turn down the lights and turn up the volume on a journey that will push your limits through climbing hills, sprinting to your personal goals, and coasting toward an elevated state of mind and body. Challenge your cardiovascular system by using the cadence sensor to track your progress, or simply ride at your own pace in an enlivening atmosphere.

**SPIN & SCULPT** - Rise and shine with a unique mix of cycling and strength exercises on the floor that will give you a full body interval workout to start your day off right. Increases endurance while toning muscles.

**TABATA BOOT CAMP** - Get ready for a fun, upbeat workout that uses a combination of bodyweight exercises and strength equipment to work strength, core, and cardio. This Tabata style will use high intensity intervals to maximize your burn and boost your metabolism.

**TONE CENTRAL** - This intense class will feature a variety circuits using combinations of cardio exercises, dumbbells, and other modalities in an effort to achieve a toned, athletic physique.

**TOTAL BODY STRENGTH** - 45 minutes of block work focusing on a variety of strength and balance exercises. Each week there will be a different focus on muscle groups using bands, dumbbells, and bodyweight. Perfect for all fitness levels with modifications.

**TRX BODY POWER** - Ready to challenge your body with this suspension training workout? TRX uses your body weight and gravity to improve on strength, cardio, flexibility and balance, while engaging all of your muscles. The exercises are provided and you decide your own intensity. All fitness levels are welcome.

**TRX STRENGTH COMBO + STRETCH** - TRX uses your body weight and gravity to improve on strength, cardio, flexibility and balance, while engaging all of your muscles. The exercises are provided and you decide your own intensity. The last 15 minutes of class will focus on stretching. All fitness levels are welcome.

**VINYASA "FLOW" YOGA** - This class is geared for practiced yogis and beginners alike, with modifications as needed. The Ujjayi breath is used to connect breath to movement at a moderate pace, with some holding, in which students will build mindfulness, strength and skill in alignment and breath work.

**ZUMBA** - Dance to great music and burn a ton of calories without even realizing it. Zumba is an international Latin inspired dance party that's moving millions around the world. Grab a friend and join this class for the perfect combination of fun and fitness!