

MONDAY					TUESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
5:30am-6:00am KEVIN			6:00am - 7:00am CYCLE GINA		6:00am - 7:00am KBOX BOOTCAMP BETSY			5:30am - 6:00am SPRINT JULIA	
6:00am-6:30am KEVIN									
			9:30am - 10:30am CYCLE STACEY	8:00am - 8:45am AQUA PLUNGE (Lap) SUSAN	9:00am-9:55am KBOX BOOTCAMP JAMIE		9:00am - 9:55am MAT PILATES MAGGIE	9:00am - 10:00am CYCLE ANDY	9:30am - 10:30am AQUA PUMP(Thera) T B D
9:00am - 9:30am CORE DE FORCE ANDY		9:30am - 10:30am YOGA VINYASA ALLISON		8:45am - 9:45am H2O INTERVAL (Thera) SUSAN	10:00am-11:00 am MAGGIE	10:00am - 10:30am FOAM ROLL STRETCH JAMIE	10:00am - 11:00am HATHA YOGA KERI		10:30am and 11:00am PARENT & ME
9:30am - 10:25am P90X Live ANDY	10:00am - 11:00am TOTAL BODY CONDITIONING CERIBET	10:30am - 11:30am RAISE THE BARRE CRISTY			11:30am-12:15pm JUST MOVE BARRY	12:15pm-1:00pm ZUMBA GOLD BARRY	11:30am-12:30pm YOGA FOR ALL CAROL		PRE-REGISTRATION REQUIRED
11:00am - 11:30am STACEY	11:00am-12:00pm SEATED STRENGTH ROB					1:00pm-2:00pm TAI CHI BARRY			11:15pm-12:15pm AQUA YOGA(Thera) KERI
11:30am - 12:30pm SALSA AEROBICS DANIEL	12:00pm - 1:00pm JUST MOVE TOMMY			12:00pm-1:00pm AQUA SCULPT (Thera) CERIBET					
		4:30pm - 5:30pm MAT PILATES BRIANNA	4:30pm - 5:30pm CYCLE CHERI		4:00pm-5:00pm KRISTEN				
5:30pm - 6:30pm MARYANN	5:30pm - 6:30pm CARDIO KICK ABS MARIA	6:00pm - 6:55pm POWER PILATES LUCIA		5:30PM - 7:30PM swim team	5:30pm-6:30pm TONY		5:15pm - 6:15pm YOGA VINYASA KELLY	5:15pm - 5:45pm CYCLE CERIBET	
6:30pm - 7:25pm JULIA	6:30pm - 7:30pm P90X Live MARIA	7:00pm - 8:00pm HATHA YOGA KIRSTEN	6:00pm - 7:00pm CYCLE ANDREA		6:30pm - 7:25pm ZUMBA CLAUDIA	5:30pm - 6:30pm THA G DONAY	6:30pm - 7:30pm BLISS YOGA KELLY		6:00pm - 7:00pm SPLASH & STRENGTH(LAP) CERIBET
8:00pm-8:30pm SANDRA	7:30pm - 8:30pm ZUMBA ANDREA	8:00pm - 9:00pm MEDITATION NICK	7:30pm - 8:00pm SPRINT SANDRA		7:30pm-8:00pm SANDRA	6:30pm - 7:30pm TONY	7:30pm - 8:30pm BALLET BARRE DONAY	7:15pm - 8:15pm MY RIDE KRISTEN	6:00PM - 7:00PM swim team
		8:00pm - 9:00pm MEDITATION NICK	7:30pm - 8:00pm SPRINT SANDRA		8:00pm-8:30pm SANDRA	7:30pm - 8:30pm AFRO STEP DEBRA	8:30pm - 9:00pm ART OF FLEXIBILITY DONAY		
WEDNESDAY					THURSDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
5:30am-6:00am MIKE			6:00am - 7:00am CYCLE DEVIN		5:30am-6:30am ANNMARIE			5:30am - 6:00am CASEY	
6:00am-6:30am MIKE								6:00am - 7:00am POWER FLOW JOSHUA	
		8:00am - 9:00am POWER FLOW JOSHUA				9:00am - 10:00am BOLLYWOOD SHWETA			
9:00am - 9:30am H. I. I. T. MARIA			9:30am - 10:30am MY RIDE CHERI	10:00am - 11:00am AQUA SCULPT(Thera) MAGGIE	9:00am - 9:55am BOOTCAMP JONATHAN	10:00am-11:00am MAGGIE	9:30am-10:30am PILATES BAR FUSION CHARITY	9:30am - 10:30am CYCLE ANDY	
9:30am - 10:30am 20/20/20 MARIA	10:30am - 11:30am GENTLE YOGA NICK	10:30am - 11:25am PILATES ON THE BAR CHERI			11:30am - 12:30pm BALANCE & MOVEMENT KATONYA		10:30am - 11:30am HATHA YOGA COOPER		For the safety of all our members we ask that you arrive on time to each class. Please wait until a class is finished and the room is cleared of equipment before entering the studio.
11:30am - 12:30pm BALANCE & MOVEMENT CHERI		11:30am - 12:30pm STRETCH N' MORE KATONYA		12:00pm-1:00pm AQUA SCULPT (Thera) CERIBET	1:30pm-2:30pm TAI CHI BARRY		12:30pm-1:30pm SEATED YOGA KIRSTEN		
12:30pm-1:30pm SALSA AEROBICS DANIEL	1:00pm-2:00pm TAI CHI JAMES								PLEASE HELP KEEP THE STUDIOS NEAT AND PUT ALL EQUIPMENT BACK
4:30pm-5:30pm LAURA	4:00pm - 4:30pm LAURA				4:30pm - 5:15pm LOWER BODY STRENGTH KAREN				
5:30pm - 6:00pm MIKE	5:30pm-6:30pm H.I.I.T. JAMIE	4:45pm - 5:45pm POWER FLOW PIA			5:00pm - 5:30pm CORE DE FORCE MARIA	6:00pm-6:30pm MIKE		5:15pm - 6:15pm CYCLE KAREN	
6:00pm - 6:30pm MIKE		6:00pm - 7:00pm Stretch-AB-ility DONAY	6:30pm - 7:30pm CYCLING KRISTEN	5:30PM - 7:30PM swim team	5:30pm - 6:00pm A B S MARIA	6:30pm-7:30pm MIKE	6:00pm-7:00pm THAG DONAY		6:00pm-7:00pm H2O SPLASH (Lap) ELIZABETH
6:30pm - 7:25pm ZUMBA ANNA K	6:30pm - 7:30pm PiYo Live JULIA	7:00pm - 8:00pm YOGALATES PIA			6:30pm - 7:25pm ZUMBA CLAUDIA	7:30pm - 8:00pm FOAM ROLL STRETCH JAMIE	7:00pm - 8:00pm VINYASA YOGA CATHY	6:30pm-7:30pm MY RIDE LINDSAY	6:00PM - 7:00PM swim team
7:30pm - 8:30pm BOXING JAMIE	7:30pm - 8:30pm PARTNER'S DANCE DONAY	8:00pm - 9:00pm BREATHING & MEDITATION NICK	7:30pm - 8:00pm SPRINT SANDRA	FREE FOR MEMBERS MASTER SWIM 7:30PM-8:30PM	7:30pm-8:30pm JULIA	8:00pm - 9:00pm BOOTCAMP JAMIE	8:00pm-9:00pm TAI CHI BARRY		
FRIDAY					SATURDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
5:30am-6:00am CASEY				9:30am and 10:00am PARENT & ME (pre- registration required)	8:00am-8:55am TONY		8:00am - 8:55am VINYASA FLOW KELLY		8:00am - 8:45am SPLASH N' STRENGTH (Lap) HELEN
6:00am-6:30am CASEY		6:00am-7:00am CORE & STRETCH PIA	6:00am - 7:00am MY RIDE GINA	10:00am -10:45am AQUA PLUNGE (Lap) SUSAN	9:00am-9:55am MAGGIE	9:00am- 10:00am CARDIO DANCE HELEN	9:00am - 9:55am POWER VINYASA JOSHUA	8:30am - 9:30am CYCLING ANDY	9:00am - 9:45am CARDIO INTERVALS (Lap) ELIZABETH
	9:30am - 10:30am P90X Live BRENDA/ANDY	8:30am - 9:25am HATHA YOGA PIA		10:45am - 11:45am H2O INTERVALS (Thera) SUSAN	10:00am-10:30am TONY		10:00am - 11:00am PILATES RING MAGGIE	10:00am - 11:00am MY RIDE LINDSAY	
9:00am - 10:00am BUILD YOUR BODY JAMIE	10:30am - 11:30am ZUMBA ANNA Z	9:30am-10:30am PILATES ON THE BAR MAGGIE	9:30am - 10:30am MY RIDE ANNA Z		10:35am-11:35am JULIA	11:00pm-12:00pm SALSA LINE DANCE DONAY			9:30am & 10:00am 10:30am & 11am PARENT & ME
11:00am- 12:00pm SEATED STRENGTH ROB				12:00pm - 1:00pm CARDIO INTERVALS (Thera) CERIBET		12:00pm -1:00pm STRETCH-ability DONAY		FREE FOR MEMBERS MASTER SWIM 11:00AM-12:00PM	PRE-REGISTRATION REQUIRED
SUNDAY					SUNDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	4:30pm - 5:30pm DRUMS ALIVE GERI							7:30am - 8:30am MY RIDE CHERI	
			5:30pm - 6:00pm SPRINT TONY	5:30PM - 7:30PM swim team	9:00am-9:55am GILA	9:00am-9:30am ZUMBA EXPRESS ANDREA	9:00am-10:00am GENTLE YOGA MELISSA		9:15am - 10:15pm H2O TONE (Lap) GERI
6:00pm-6:30pm MARYANN/KEVIN					10:00am-11:00am TONY/JULIA		10:00am - 10:55am HATHA YOGA MELISSA	9:30am - 10:30am MY RIDE ANDREA	10:15am-11:00am AQUA ZUMBA(Lap) FRED
6:30pm-7:00pm KEVIN/MARYANN						11:00am - 12:00pm ZUMBA FRED	11:00am - 12:00pm PiYo Live JULIA		11:00am - 11:45pm AQUA FRISBEE (Thera) GERI

## AQUA CLASSES (all levels)

- AQUA FRISBEE** Use the Frisbees for a fun and challenging class
- AQUA / X - CARDIO INTERVALS** A little of everything in this H2O exercise.
- 120 TONE** Strength training in the therapy pool
- AQUA YOGA** A gentle water class utilizing the basics of yoga.
- AQUA ZUMBA** The fun of Zumba in H2O.
- AQUA PLUNGE** Take a plunge and rev up your heart rate in the lap pool. Intensity with no-impact workout.
- AQUA PUMP** Strength and toning in the therapy pool.
- AQUASCULT** Use noodles, weights, boards and the water's resistance to build your body in the therapy pool.
- POOLATES** A total body workout with core focus class in therapy pool
- SPLASH N' STRENGTH** Lite cardio and strength training in the therapy pool.

## CARDIO/AEROBIC

- 10/20/20 (intermediate/advance)**  
20 mins Cardio/20mins Strength & 20 mins Core
- AFRO CARIBB STEP (all levels)**  
A Step (dance) class with African, Latin & Caribbean choreography. Live percussion is used as background music.
- BOOT CAMP (intermediate/advance)** Strength and high energy drills all in one. Each week brings new challenges.
- BOXING (intermediate/advance)** Go around with the heavy bag in this workout using jump ropes and focus mitts. Hand wraps optional and gloves required. Gloves provided
- BYB (Build your body) (I/A)** Boot camp style class that will help build strength and stamina.
- CORE DE FORCE (intermediate/advance)**  
A core-focused Mixed Martial Arts class by Beachbody. This class combines Boxing, Kickboxing and Muay Thai and core interval training.
- DRUMS ALIVE (all levels)** Using a ball and drumstick, get your feet stomping & body moving with this fun class.
- KICK BOX BOOTCAMP (intermediate/advance)**  
Kick, punch and jab in this kickboxing and Boot Camp combo. No bags used in this class.
- H.I.I.T. (intermediate/advance)** High Intensity Interval Training (cardio, weights & core)

**P90X Live (intermediate/advance)**  
Beachbody's full body x-training class (Cardio/Strength/Core).

## CYCLE

- SPRINT (intermediate/advance)** A Les Mills pre-choreographed 30-min H.I.I.T. training on the bike. Quick and hard that delivers rapid results.
- CYCLE (all levels)** Join Johnny G-certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rate throughout the 5 energy zones. All Levels.
- MY RIDE (all levels)** Travel through worldwide cycling routes that are not only motivating but also inspiring in this virtual cycling class.

## DANCE (all levels)

- BOLLYWOOD** Dance to the music of popular Indian filmmakers. If you like Zumba, you will like this class.
- CARDIO DANCE** - A fusion of cardio dance moves set to Motivating music
- SALSA AEROBICS / LINE DANCE** Choreographed Dance routines incorporating salsa steps & music.
- ZUMBA** This class is a mixture of Latin and international music incorporating body sculpting movements and easy to follow dance steps.
- ZUMBA GOLD** The lighter side of Zumba!

## MIND/BODY CLASSES/PILATES (all levels except for Power)

- BLISS YOGA** A mix of Restorative, Yin Nidra & Reiki Healing. This practice of deliberate stillness enables the body to be fully supported, mind to clear, breath deepen & relax the body. This is when healing begins.
- BREATHING & MEDITATION** Experience the benefits of meditation by including reducing stress, better concentration & inner peace.
- YOGA FOR ALL** Stretch your mind, stretch your body with various yoga techniques in this low impact class.
- HATHA YOGA** Come away with a sense of wellbeing through this ancient form of movement that promotes balance, flexibility, strength and relaxation
- POWER FLOW** A form of Yoga that focuses on core & strength. A great way to start your morning.
- POWER YOGA** A more vigorous and fitness based than traditional yoga.

**SEATED YOGA** Enjoy the poses and practices of Yoga taught from a chair.

- SEATED STRENGTH** A light resistance workout done in chair. Perfect for beginners.
- STRETCH-ABILITY** A stretch class w/ core focus
- VINYASA YOGA/FLOW** A flowing style of yoga that connects breathe with body movement.
- TAI CHI\*** Discover complete harmony of the mind and body while performing gracefully fluid and well balanced martial arts movements

## PILATES (all levels)

- BALLET BARRE:** A ballet-based movement, conditioning and stretch class.
- MAT PILATES** Improve your posture while creating long, lean muscles.
- POWER PILATES** A classical Pilate's class with core focus. Strengthens & lengthen your muscles.
- PILATES ON THE BAR** Tone and shape your body with this powerful fusion of Pilates, stretching and dance.
- PILATES RING:** A traditional Pilate's mat class utilizing the Pilates ring.
- PiYo Live** A challenging Pilates & Yoga fusion. Burn calories, work balance & get a stretch.
- RAISE THE BARRE:** A fusion of pilates, yoga & ballet that offers a fluid flow of postures focusing on the core and utilizing barre techniques as a tool.
- YOGALATES:** Yoga and Pilates in one.

## RESISTANCE/TONING/ CORE (all levels)

- ABS** Abdominals/Back & Spine
- ART OF FLEXIBILITY:** A stretch class that we all need.
- BALANCE & MOVEMENT BASICS** Develop balance and strength to improve functional performance...
- JUST MOVE** A blend of cardio, strength, core & flexibility for all levels. This class promises to get your body moving.
- LOWER BODY STRENGTH** Focus on LEG training using a variety of equipment including weights, bands and bars.
- STRETCH N' MORE** Improve your flexibility and strengthen your core. All levels.
- THAG** THIGHS, HIPS, ABS & GLUTES
- TOTAL BODY CONDITIONING:** Low Impact body sculpting with a core bonus workout.

## LES MILLS CLASSES

- BODYPUMP™ (all levels)** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups using the best weight-room exercises like squats, presses, lifts and curls.
- BODYATTACK™ (intermediate/advance)** is the sport inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.
- BODYSTEP (all levels)** A full body cardio workout up the step to really tone your butt and thighs.
- BODYCOMBAT (intermediate/advance)** This energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and Muay Thai
- GRIT (intermediate/advance)** A 30-minute high intensity interval training.

## GROUP FITNESS ETIQUETTE

- Please introduce yourself to the instructor if you are new to group exercise.
- In order to prevent injury, please do not enter that has been in session for 10 minutes or leave before stretching or properly cooling down.
- Respect other members. Pls. limit chitchat during class and turn off cell phones or on vibrate mode.
- Please place all personal belongings in lockers.
- Please pickup a ticket at the front desk for cycling classes.
- Please let the first class leave before entering the studios.
- Hourly classes are 50-55mins. long and a minimum of 3 is required for a class to take place.
- Classes and instructors are subject to change.



**Hours of operation:**  
**Monday – Friday 5:00am – 11:00pm**  
**Saturday & Sunday 7:00am–7:00pm**  
**Childcare Hours: Weekdays 8:30am-2pm/ 2:30pm-9:00pm / Saturday 8am-3pm/ Sunday 9am - 3pm**  
**Questions? Contact:**  
[maria@fitnessandwellness.org](mailto:maria@fitnessandwellness.org)