



# FITNESS SCHEDULE

EFFECTIVE APRIL 25, 2025

## WEST GYM

## MULTIPURPOSE ROOM

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   | Sunday                                  |
|---|--|--|---|--|--|---|
| 5:30am – 6:05am<br>H.I.I.T<br>Tracy W. / Jamie    | 5:45am – 6:30am<br>Spinning / Cheryl                           | 5:30am – 6:05am<br>Total Body Strength /<br>Tracy W. | 5:45am – 6:30am<br>Spinning & Sculpt<br>Hannah                |  |  |   |
| 6:15am – 7:15am<br>Body Basics / Barb             | 6:30am – 7:05am<br>H.I.I.T / Amanda                            | 6:15am – 7:15am<br>Body Basics / Barb                | 6:30am – 7:05am<br>H.I.I.T / Amanda                           | 6:15am –<br>7:15am<br>Body Basics /<br>Barb        |  |   |
| 8:00am – 8:45am<br>Total Body Strength<br>Brandy  | 8:00am – 8:45am<br>Fit For Life / Renee                        | 8:00am – 8:45am<br>Total Body Strength /<br>Brandy   | 8:00am – 8:45am<br>Fit For Life / Misti                       | 8:00am –<br>8:45am Total<br>Body Strength<br>Kelly |  | 8:30am -9:30am<br>Sunday Yoga<br>Amanda |
|   | 8:00am – 8:45am<br>Step & Sculpt /<br>Heather                  |  | 8:00am – 8:45am<br>Step & Sculpt /<br>Heather                 |  |  |   |
|   | 9:00am – 10:00am<br>Warrior Series Yoga<br>/ Hilda             |  | 9:00am – 10:00am<br>Warrior Series Yoga<br>/ Hilda            |  |  |   |
| 9:15am – 10:00am<br>Pilates Fusion /<br>Amanda    | 9:15am – 10:00am<br>HIIT / Tracy W.                            | 9:15am – 10:00am<br>Barre Pilates Fusion /<br>Amanda | 9:15am – 10:00am<br>HIIT / Brandy                             | 9:15am –<br>10:00am<br>Barre Fusion /<br>Amanda    | 9:15am<br><b>Saturday</b><br>Instructor's<br>Choice<br>45min – 1 hr. |   |
| 9:15am – 10:00am<br>Spinning / Kelly              |  | 9:15am – 10:00am<br>Spinning / Brandy                |   | 9:15am –<br>10:00am<br>Step Aerobics<br>Heather    |  |   |
| 10:30am – 11:30am<br>Forever Fit / Kate           | 10:30am – 11:30am<br>Stable & Strong<br>Chair Yoga /<br>Hilda  | 10:30am – 11:30am<br>Forever Fit / Renee             | 10:30am – 11:30am<br>Stable & Strong<br>Chair Yoga /<br>Hilda |  |  |   |
|   |  | 11:45am – 12:45pm<br>Vinyasa Yoga<br>Amanda          |   | 10:30am –<br>11:30am<br>Forever Fit /<br>Robin     |  |   |
|   | 12:15pm – 1:00pm<br>Total Body Strength<br>Brandy              |  | 12:15pm – 1:00pm<br>Total Body Strength<br>Kelly              |  |  |   |
|   | 5:30pm – 6:15pm<br>Kickboxing/Cardio<br>Boxing<br>Jamie/Hannah |  | 5:30pm – 6:15pm<br>Total Body<br>Strength/ Tracy W            |  |  |   |
| 5:30pm – 6:15pm<br>Total Body Fusion /<br>Camille | 5:30pm – 6:15pm<br>Spinning<br>Brandy/Jamie                    | 5:30pm – 6:15pm<br>Zumba/<br>Camille                 | 5:30pm – 6:15pm<br>Spinning<br>Jamie                          |  |  |   |
|   | 6:30pm -7:05pm<br>HIIT / Jamie                                 |  | 6:30pm – 7:15pm<br>UJAM / Claire                              |  |  |   |
| 6:30pm – 7:30pm<br>Vinyasa Yoga/Susan P.          | 6:30pm-7:30pm<br>Hatha Yoga / Nina                             | 6:30pm – 7:30pm<br>Surge Strength/<br>Claire         | 6:30pm -7:05pm<br>Therapeutic<br>Movement/<br>Hilda           |  |  |   |
|   |  |  |   |  |  |   |

**Body Basics:** Jog, walk outdoors, or use the cardio room for your cardiovascular conditioning. Afterwards, meet up in the Group Exercise Studio for muscle strengthening and stretching. **Outside/Group Exercise Studio**

**Barre Fusion:** Bands, light weights, and small balls are added to traditional exercises on the Barre. **Group Exercise Studio**

**Barre Pilates Fusion:** Your favorite core, stability and strengthening exercises combined with traditional exercise from barre and Pilates in this fusion style class. **Group Exercise Studio**

**Stable and Strong Chair Yoga:** Working from the ground up, we focus on alignment, balance, flexibility, core strength, and breathing. This class is open to all fitness and levels and the beginner is welcomed. A chair is used for much of the class both as a prop for balance and for seated work. **Group Exercise Studio**

**Fitness for Life:** This is a lower intensity total body conditioning class that aims to improve joint mobility, strength, balance and coordination. Activities include low-impact movement, range of motion exercises, light strength work, and balance training. **Group Exercise Studio**

**Forever Fit:** This class is meant to keep you forever fit, all of the exercises can be done from a chair, but are not limited to a chair. Joint mobility, strength, balance, and coordination are the focus points. **Group Exercise Studio**

**Pilates Fusion:** This is an intense variety of core, stability, strengthening and lengthening using a variety of equipment inspired by mat Pilates. **Group Exercise Studio**

**Warrior Series Yoga (previously Gentle Yoga):** This 60-minute class is suitable for all levels and backgrounds. Practice includes relaxation, stretching, expansive breathing techniques, and warrior series. This class is slow and gentle, but has the potential to be challenging. **Group Exercise Studio**

**Therapeutic Movement:** This class is slow and gentle. The work is done entirely on the mat and is accomplished close to the floor with no ups and downs. The work is deep, breath centered, and therapeutic in nature. **Group Exercise Studio**

**H.I.I.T.:** Challenge yourself with these athletic based cardio/strength circuit high intensity interval training workouts. Classes will feature a variety of H.I.I.T techniques including timed interval variations, tabata, and individual versus rotating stations. **Group Exercise Studio / West Gym**

**Spinning®:** Settle in for an intense ride on our new Spinner bikes! Our team of certified instructors will guide you through a ride that you can customize to your fitness level. Be ready for a great low impact cardio workout! **West Gym**

**Spin® & Sculpt:** The challenge of a spinning class with the benefits of sculpting! Intervals of sculpting exercises, incorporating tubing or body weight will be integrated into a great cycling ride! **West Gym**

**Step Aerobics:** A great aerobic workout. Must be able to step up, over and around an adjustable bench. This will give you an excellent total body workout. **West Gym**

**Step & Sculpt:** The aerobics of Step mixed with strength training. A variety of strength equipment will be used. **West Gym**

**Surge Strength:** High rep, muscle focused all weight training workout. **Group Exercise Studio**

**Total Body Strength:** Work all major muscle groups and enhance flexibility using barbells, stability balls, free weights, medicine balls, resistance bands and more to keep you engaged and challenged. **Group Exercise Studio**

**Total Body Fusion:** A combination of high/low aerobics, body conditioning, and abdominal work make this class the total package. **Group Exercise Studio**

**UJam:** Dance Class with Hip Hop and Urban Beats. **West Gym**

**Vinyasa Yoga:** A flowing, dynamic sequence of poses to lengthen the body, open the hips, and relax the mind. **Group Exercise Studio/Preschool Classroom A.**

**Water Works:** Use a variety of equipment (flotation belts, barbells and water logs) for a great water workout. **Pool**

**Zumba:** A dance fitness class that combines Latin and international rhythms with easy-to-follow choreography. It is a fun and energetic way to get a full body work. **Group Exercise Studio**