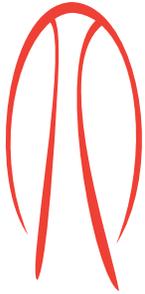


Key
 30 min. class
 45 min. class
 60 min. class
 75 min. class
 12-13yr olds w/ a parent★

GROUP EXERCISE

REVISED as of
 FEBRUARY 11, 2019



SPORTSPLEX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Main Studio	5:30AM	Grit™ Lina	BodyPump™ Jaclyn	Grit™ Lina	BodyPump™ Jaclyn		7:30AM BodyPump™ Brian	
	9:15AM	BODYCOMBAT™ ★ Sherri	BodyPump™ Brenda	HIIT Jaclyn	BodyPump™ Alyson	BODYCOMBAT™ ★ Brenda	8:30AM BODYCOMBAT™ ★ Sherri	
	10:15AM		BODYCOMBAT™ EXPRESS ★ Sherri	LIIT Jane	CARDIO CIRCUIT ★ Shannon		9:00AM	HIIT Alyson
	5:00PM		Grit™ Shanna				9:30AM Grit™ Brian	
	5:30PM	BODYCOMBAT™ EXPRESS ★ Sherri	BodyPump™	Guts & Glutes	BodyPump™	BODYCOMBAT™	<div style="background-color: red; color: white; padding: 10px; text-align: center;"> February 14th HAPPY VALENTINE'S DAY **Bring your Sweetheart to any class** </div>	
	6:00PM	BodyPump™ EXPRESS Sherri	Alyson	Jane	Sherri	★ Camille		
	6:30PM	BOOT CAMP	BODYCOMBAT™	ZUMBA®	Grit™ Shanna			
	7:00PM	Shanna	★ Kristen	★ Alyson				
	7:30PM							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Spinning® Studio	5:30AM		SPINNING® Shannon		Road Ride John	8:00AM	Road Ride John	
	8:15AM		SPINNING® Sherri		SPINNING® Julie	8:30AM Weekend Ride Michele		
	9:15AM	SPINNING® Shannon		SPINNING® Kate		Friday Hills Jaclyn	9:30AM SPIN FLEX Kate	
	5:30PM			SPINTENSITY Jeanne			<div style="background-color: purple; color: white; padding: 10px; text-align: center;"> SPIN YOUR HEART OUT Wed, February 13th w/Jeanne **Register @ the SPX Front Desk or on the SPX APP** </div>	
	6:30PM	Video Ride John						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Wellness Studio	5:30AM				Sunrise Yoga ★ Cindy	8:00AM Vinyasa ★ Marie	Pilates ★ Milena	
	9:15AM	CardioSculpt Jaclyn	BOSU Core Strength ★ Kelly	Barre ★ Lena	TIGHTEN & TONE YOGA ★ Angie	9:00AM	Vinyasa ★ Marie	
	10:30AM	Gentle Yoga ★ Angie	Gentle Yoga ★ Nancy	Gentle Yoga ★ Lena	Therapeutic Yoga Sarah	Gentle Yoga ★ Nancy	10:30AM Gentle Yoga ★ Angie	
	4:30PM			Vinyasa ★ Jane			<div style="background-color: orange; color: white; padding: 10px; text-align: center;"> ARM BALANCE WORKSHOP February 9th, 11a-1p w/Angie Mbrs \$12 & Non-Mbrs \$15 **Register @ the SPX Front Desk or the SPX APP** </div>	
	5:30PM				Happy Hour Yoga ★ Cindy			
	6:30PM	Vinyasa ★ Marie	Yin ★ Nancy	Pilates Express ★ Jeanne	Gentle Flow & Restore ★ Angie			
	7:30PM	Meditation Lena						

Water Exercise Schedule						
Pool	9:00AM	Water Exercise Diana		Water Exercise Mary	Aqua Tabata Shannon	Water Exercise Kate

Saturday	
8:30AM	Water Exercise Lina

GROUP EXERCISE

We offer muscle conditioning and cardiovascular training through our group exercise classes. Our group exercise classes are located in our main studio.

BODYCOMBAT™/BODYCOMBAT™EXPRESS: This fiercely energetic program is done in a 60 or 30 minute format. It is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYPUMP™/BODYPUMP™EXPRESS: This barbell class is done in a 60 or 30 minute format. This is the original barbell class that strengthens your entire body. The workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BOOTCAMP: This class incorporates cardio, strength, interval, circuit, agility, plyometrics and body weight training to improve cardio, stamina, reduce body fat, and create lean muscle. Participants commence each workout with running and dynamic stretching before moving on to more explosive, intense workouts.

HIIT: This high intensity interval training class is designed to challenge your strength, aerobic endurance and core conditioning. A variety of equipment will be utilized.

ZUMBA® is a fusion of Latin and International music /dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO."

GRIT™: 30 minutes of high-intensity interval training (HIIT). The HIIT training effect means you will burn calories for hours after the workout. You will increase aerobic fitness, unleash fast-twitch muscle fibers & grow lean muscle tissue.

CARDIO CIRCUIT: In this 30 minute class you will move from station to station with little rest to enhance your cardiovascular fitness. All fitness levels welcome

GUTS & GLUTES: 45-minute challenging interval class that will work your entire body with functional moves to injury-proof your body. This class can be the perfect compliment to your current routine. Without pounding your joints, you'll get a fat burning workout that is fun & effective using mostly your own body weight plus a variety of different tools.

SPINNING®

Meet us in the Spinning Studio where our certified instructors will take you journey of flats, hills and drills while burning 400–800 calories in as little as 45 minutes

THEME RIDE: You will be surprised each week with a new & exciting theme. You'll torch calories while getting groovy with the 70's, sing along to the 80's, rocking it out with a rock mix. You don't want to miss this 45-minute, fun-filled class. Eileen may even take requests!

SPINNING® Spinning encourages participants to shift and broaden their perspective by exposing them to new ideas and a variety of training styles and energy zones.

BASICS OF SPIN: This beginner class is designed to get you started on your Spinning journey. You will learn seat and hand positions. During this 30 minute class you will go through several different flats, jumps, and seated/standing climbs.

FRIDAY HILLS: This ride is designed to build your strength while climbing hills and working the down hills as your active recovery.

ROAD RIDE: Looking for a ride that simulates a true road journey? Look no further! An avid cyclist will take you on a strong, steady ride that is just like an outdoor journey

SPIN FLEX: is a combo class format that uses flex bands, tubing and dumbbells to train the major muscle paying special attention to the upperbody. Resistance training is a great complement to the Spinning program.

SPINTENSITY: This challenging 45 minute workout will help you increase your strength, endurance & cardiovascular fitness. Interval training including tabs to help you bring your training to a new level. All fitness levels welcome. Come ready to sweat

VIDEO RIDE: Enjoy a journey with scenic views provided on movie theatre screen in this exciting class.

WEEKEND RIDE: 45 minute heart pumping spin class. You will be lead through a series of Sprints, Hills, Jumps, Flats and Down Hills to heart pumping music to keep you going for the rest of the weekend!

WELLNESS

Wellness classes offer an overall sense of well being while being gentle to the body. All wellness classes are offered in our Wellness studio. Entrance to class 10 minutes after start time is not permitted for safety reasons. Please keep our studio clutter free by leaving personal effects and phones in the locker rooms.

BARRE: Get ready to sculpt and tone your body in a whole new way! A Pilates based class that combines booty sculpting barre work. This full body workout will utilize the barre, some light weights and of course belly busting mat work!

GENTLE FLOW & RESTORE: a class that combines a warming vinyasa flow with a sweet and relaxing restorative yoga practice that will cultivate deeper physical opening, healing and a meditative mindset.

Meditation: Enjoy 30 minutes of guided pranayama (breathing) & meditation. Let your mind take the break it truly needs.

CARDIO SCULPT: During this low impact class you will burn fat, tone and shape your body using a variety of fitness equipment. All fitness levels welcome!

PILATES: Strengthens & tones muscles, improves posture, provides flexibility & balance, unties body & mind, & creates a more streamlined shape.

PILATES EXPRESS: In just 30 minutes you will improve flexibility, build strength, improve coordination & develop a strong core through alignment & breathing.

TIGHTEN & TONE YOGA: Amp up your yoga with resistance bands! Adding resistance to yoga postures significantly increases muscle engagement, stepping up muscle tone & body strengthening. This class seeks to load muscles in all ranges of motion, improving functionality in muscles & joints while creating a leaner, firmer, sculpted body.

GENTLE YOGA: This enjoyable class is suitable for beginners and advanced students. By slowing down the Vinyasa practice, the breath is never lost and always the center of focus. Gentle movements and restorative postures will be incorporated to help release chronic tension, develop strength in the body and create heat.

BOSU CORE STRENGTH: Every muscle needs to turn on especially your core when you're on the BOSU. In this killer ab class you will also work on flexibility balance and even some cardio to spice it up. Let's have some fun, try something new, think "diversify" -if you keep doing the same thing, you will get stale

LIIT: In this class you will increase strength, aerobic endurance & core conditioning. Multiple pieces of equipment will be used along with bodyweight training.

THERAPEUTIC YOGA: This simple practice helps you meet & release tension, build strength & mobility with ease & stability, & develop a deeper relationship with how you move, all while working with an integrated connection to breath. We work from a chair as well as standing, & this thoughtful format gives space for adaptation & consideration for each students' limitations & abilities. All levels welcome.

VINYASA YOGA: Invigorating, strengthening, detoxifying! A challenging yet relaxing flow of asanas connecting movement with the breath. You'll find balance, strength and flexibility while learning how to breathe efficiently. Each instructor brings a different style to the Vinyasa classes offered.

YIN: Yin Yoga consists of a series of long-held, passive floor poses that mainly work the lower part of the body - hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues and help to release the fascia. The poses are held for up to five minutes, sometimes longer with the aid of props.

HAPPY HOUR YOGA: Flow into the weekend in this fun Friday Vinyasa Yoga class! Enjoy a creative sequence that will leave you feeling ready for whatever you have in store for the weekend

POOL

WATER EXERCISE: Participants will gain muscular strength by using the resistance of the water and improves flexibility with the weightless movement. Each class is structured to allow individuals to work at their own rate of intensity. You do not have to be a swimmer to participate. Please inform the instructor of pregnancy, back problems, and other medical conditions.

AQUA TABATA: Participants will use shallow & deep water jogging & variation of body positions to create weightless movement with no impact. Interval training in the water. All levels welcomed. All levels welcome