

GROUP FITNESS SCHEDULE

FEBRUARY 20 - MARCH 22

Monday	Tuesday	Wednesday	Thursday	Sunday
630am Cycle w/ Valerie (S2)	7am Cycle w/ Kendall (S2)	630am Cycle w/ Valerie (S2)	7am Cycle w/ Kendall (S2)	615pm Yoga w/ Gloria (S1)
2pm Basic Mat Pilates w/ Marisa (S1)	4pm Core & More w/ Molly (S1)	2pm Basic Mat Pilates w/ Marisa (S1)	4pm Core & More w/ Marisa (S1)	
5pm 30/30 w/ Molly (S2)	6pm HIIT w/ Valerie (S1)	5pm 30/30 w/ Molly (S2)	6pm HIIT w/ Valerie (S1)	
530pm Strength w/ Lexie (S1)	630pm Cycle w/ Carlee (S2)	530pm Strength w/ Lexie (S1)	615pm Yoga w/ Gloria (S2)	
615pm Yoga w/ Gloria (S2)		615pm Cycle w/ Carlee (S2)		
		730pm Pilates w/ Marisa (S1)		

No pre-registration required. Bring water and a towel and get in a great workout! Schedule may change without notice. Follow on IG for updates.

S1 = Studio 1 S2 = Studio 2

GROUP FITNESS CLASS DESCRIPTIONS

Cycle

Saddle up for a high-energy class! Pedal through assorted terrains as you conquer rolling hills, sprints, and other drills to give a great interval workout. Perfect for all levels, this full body cardio workout leaves riders feeling accomplished and ready for the day!

HIIT

The High Intensity Interval Training workouts are a mixture of cardio and strength in 3 circuits, with intervals of work and rest.

Pilates

Join Pilates for a transformative, low-impact workout that emphasizes core strength and overall body toning. Using controlled movements and focused breathing, this class enhances posture and sculpts muscles using either equipment or just your body weight

Spin

Riders will tackle a combination of fast paced cycling and strategic lighter rest intervals to recover for the next burst. These classes focus on endurance, strength, intervals, high intensity, and recovery.

Strength

This class is a focused workout using resistance training to build muscle strength and endurance. Participants perform a variety of exercises targeting different muscle groups, emphasizing proper form. The class aims to empower with increased strength and improved overall fitness.

Yoga

Elevate your Vinyasa yoga experience with a dynamic flow of poses, seamlessly synchronized with breath, set to the backdrop of worldly music. This class combines movement and mindfulness, fostering strength, flexibility, and inner calm, all while being guided by an energizing soundtrack.

30/30

The perfect blend of cardio and strength! For the first half of class, participants ride through a variety of terrains on the bike. The second half moves to the floor with a mat utilizing strength training to increase muscular power, functional strength, and endurance.