Group Fitness Class Descriptions

Cardioboxing:
Get ready to work! You will experience high-intensity cardio boxing routines that require coordination and energy. This class will make you sweat! Beginners welcome.

Thighs, Butt, & Gut::
This popular class builds lower body strength focusing on the quads, glutes, and abdominals. Using an assortment of equipment and resistance tools contributes to the increased intensity of the class.

Total Body Sculpt:
This popular class builds lower body strength focusing on the quads, glutes, and abdominals. Using an assortment of equipment and resistance tools contributes to the increased intensity of the class.

Step:
Always a favorite! Using the step for an array of choreography, this class is great for building cardiovascular fitness. It’s fun and its energizing! The class will be over before you know it!

Ab Attack::
Enjoy 30 minutes packed full of a variety of exercises designed to strengthen the abdominals and lower back

Tour de France:
One hour of spinning to some of your favorite music. This class is made to really challenge the participants and get them to a new level of fitness!

Road Ride:
A cycling class that will give you a real training experience. This class offers the feeling of actually being on a road ride. Unlike other spin classes, there will be less direction from the instructor, but just as much motivation!

Spin N Sculpt:
This exciting spin class will work on your cardio endurance as well as adding some resistance training to your workout. This class will be broken into 2 main parts: cycling and strength training.

Spin:
This 45 minute spin class will be finished in a flash as you perform cycling intervals that challenge your cardiovascular strength, build your muscles, and burn lots of calories.

Yoga:
Yoga will nourish the body and refresh the mind. The focus of this class will be to strengthen, stretch, and tone your muscles through learning, perfecting, and building upon a pattern of poses.

Noon Sun Yoga:
This mid day yoga classes allows you to unwind from you morning and energize you for your afternoon.

Power Yoga:
Based on traditional yoga, power yoga goes a step further to add moves that increase individual power and strength at a quicker pace than normal yoga classes.

Yogalates:
A combination of both Yoga and Pilates to give you the best of both disciplines and a well rounded workout.

Pilates:
This mat based class focuses on improving core strength, posture, muscle tone, and functional strength.
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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
<th>Sunday</th>
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<tbody>
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<td><strong>Morning</strong></td>
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<td>12:30-1:45</td>
<td>Noon Sun Yoga</td>
<td>12:30-1:15 Spin</td>
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<td>12:30-1:30 Spin &amp; Sculpt</td>
<td>12:30-1:30 Tour de France</td>
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<td><strong>Lunch</strong></td>
<td>3:45-4:45pm Tour de France</td>
<td>4:30-5:00 Ab Attack</td>
<td>4:00-4:45 Spin</td>
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<td><strong>Afternoon</strong></td>
<td>5:00-6:15 Power Yoga</td>
<td>5:00-5:45 Total Body Sculpt</td>
<td>5:00-5:15 Step</td>
<td>5:00-6:15 Yoga</td>
<td>5:15-6:15 Cardioboxing</td>
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<td>6:30-7:15 Spin</td>
<td>6:00-7:00 Road Ride</td>
<td>6:30-7:30 Pilates</td>
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<td><strong>Evening</strong></td>
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