

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45am - 8:15am <i>TRX to the CORE</i> Robin	7:30am Yoga Nathalie	7:45am - 8:15am <i>TRX to the CORE</i> Joao	7:15am Body Sculpt Ann	7:45am - 8:15am <i>TRX to the CORE</i> Joao		
8:30am - 9:30am *G.P.T. John	8:30am - 9:30am *G.P.T. John	8:30am - 9:30am *G.P.T. John	8:30am - 9:30am *G.P.T. John	8:30am - 9:30am *G.P.T. John	8:15am Body Sculpt Ann	8:30am - 9:00am <i>Core Strength</i> Rene
9:30am Gyrokinesis Nathalie	9:30am *Core Cycling Robin	9:30am Gyrokinesis Nathalie	9:30am *Core Cycling Robin	9:30am Pilates Level II Nathalie	9:30am *Core Cycling Robin	9:30am *Core Cycling Robin
10:30am Total Tone Robin	10:45 Pilates Level I Nathalie	10:30am Total Tone Robin	10:45 Pilates Level I Elizabeth	10:30am Total Tone Robin	10:45am Power Pump Robin	10:45am - 11:15am <i>Tabata Time</i> Robin
6:00pm - 7:30PM *Power² Joao	6:00pm *Core Cycling Robin	6:00pm - 7:30pm *Power² Joao	6:00pm *Core Cycling Robin	5:00pm Yoga Elizabeth		

BODY SCULPT: Full-body strength training utilizing light dumbbells and bodyweight exercises to strengthen and tone all major muscle groups; abdominal area as well as hips and glutes.

***CORE CYCLING:** Train your body's aerobic and anaerobic systems to be more efficient! Develop muscular and cardiovascular strength! Increase strength and power with climbing and speed work.

CORE STRENGTH: Take your fitness to a new level by utilizing a variety of equipment and creative muscle challenging sequences. Gain strength and definition through a variety of movements!

GYROKINESIS: Suitable for everyone. A full body stretching class with emphasis on spinal health/flexibility and core strengthening with exercises that flow continuously. Using key principals of yoga, swimming and tai chi the spine is worked in all directions utilizing the Gyrokinesis stool and mat.

POWER PUMP: This challenging high rep total body workout uses steps, body bars and various hand weights. You will experience strength gains and nicely defined muscles.

TOTAL TONE: This full-body conditioning class utilizes dumbbells, body bars and body weight exercises.

YOGA & Meditation: Invigorating Hatha yoga postures are practiced to gain overall strength and flexibility. Energizing breath work helps release tension while balancing mind, body and spirit.

PILATES LEVEL I: The classic Pilates method is taught in this mat class with an emphasis on "core strength" Achieve long, lean muscles and overall balance while working proper form and alignment.

PILATES LEVEL II: This advanced level further strengthens "core muscles: with the use of props. The magic circle, thera-band, roller and light weights are incorporated to challenge your balance and add variety. **(10 Level I Pilates classes are required in order to attend level II classes).**

TABATA TIME: An intense 30 minute interval class. Tabata intervals consist of 20 seconds hard effort followed by 10 seconds recovery for 8 consecutive sets. Tabata Time consists of 4-5 different exercises done Tabata style with 2-3 minutes rest in between exercises. Guaranteed to get results!

TRX to the CORE: 30 Minute class. Make your body your machine, utilizing the TRX Suspension Training System to increase flexibility and core strength. 6 People max. Must call to Reserve a spot.

***Requires an Extra Fee**

***G.P.T.:** A 4 week Group fitness Training program designed to flip the switch in your body to be a fat burning machine. Sessions are 2 OR 3 times a week in a private room with exercises done in a circuit fashion where rest periods are short (30-60 seconds) which improves heart and lung function while toning and strengthening lean muscle.

***POWER²** A 10 week Progressive Training Program incorporating Power Cycling and Power TRX. Power² is an intense fitness experience that will multiply your power and multiply your results.

***CORE CYCLING FEES:** Members: 1 class \$10, 5 pack \$40, 10 pack \$60 Member Unlimited: 1 month \$60, 3 month \$125, 6 month \$200, 1 year \$300
Non-Members: \$30 in season (May 15th to September 15th) \$25 off season (Includes use of the gym for the day).