



AUGUST 2022

GROUP FITNESS STUDIO SCHEDULE

All classes are 30 minutes in length unless otherwise indicated. All cycle class durations are indicated in the class listing.

All classes and instructors are subject to change without notice.

Mon	Tue	Wed	Thu	Fri	Sat
<p>1 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>5p BUILD & BURN 45 Demetria & Tracie 545p ROLL & RECOVER Tracie</p>	<p>2 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p P90X (60 min) Christine</p>	<p>3 7a CYCLE 45 Amy 9a STEP CORE & MORE Tracie 10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>4 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BBOARD Demetria 5:45p RISE UP Christine</p>	<p>5 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>6 9a B-BBOARD Demetria</p> <p>945a TABATA Brandi</p>
<p>8 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>5p BUILD & BURN 45 Demetria & Tracie 545p ROLL & RECOVER Tracie</p>	<p>9 8:30a TABATA Brandi 9a CORE+ Brandi</p> <p>5:30p SPIN & STRENGTH (60 min) Heather</p>	<p>10 7a CYCLE 45 Amy 9a STEP CORE & MORE Tracie 10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>11 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BBOARD Christine 5:45p RISE UP Christine</p>	<p>12 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>13 9a CYCLE 60 AMY</p>
<p>15 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>5p BUILD & BURN 45 Demetria & Tracie 545p ROLL & RECOVER Tracie</p>	<p>16 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p P90X (60 min) Christine</p>	<p>17 7a CYCLE 45 Amy 9a STEP CORE & MORE Tracie 10:15a CYCLE 45 AMY</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>18 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BBOARD Demetria 5:45p RISE UP Christine</p>	<p>19 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>20 9a P90X (60 min) Christine</p>
<p>22 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>5p BUILD & BURN 45 Demetria & Tracie 545p ROLL & RECOVER Tracie</p>	<p>23 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p P90X (60 min) Christine</p>	<p>24 7a CYCLE 45 Amy 9a STEP CORE & MORE Tracie 10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>25 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BBOARD Christine 5:45p RISE UP Christine</p>	<p>26 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>27 9a SPIN & STRENGTH (60min) Heather</p>
<p>29 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>5p BUILD & BURN 45 Demetria & Tracie 545p ROLL & RECOVER Tracie</p>	<p>30 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p P90X (60 min) Christine</p>	<p>31 7a CYCLE 45 Amy 9a STEP CORE & MORE Tracie 10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>SEPTEMBER 1 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BBOARD Demetria 5:45p RISE UP Christine</p>	<p>SEPTEMBER 2 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>SEPTEMBER 3 9a TABATA Demetria 945a BBOARD Demetria</p>

Fitness Class Descriptions

AMPD Burn: High intensity class using intervals of cardio and strength, followed by cool down and stretching using the foam roller.

AMPD Strength: Fun, heart pumping workout with upbeat music integrates kettlebells, weights and resistance bands to engage the entire body and burn calories. Combines benefits of strength training, functional movements and cardiovascular exercise.

B-Board®: A high intensity workout on the innovative B-Board incorporates cardio, strength, core engagement, yoga positions, and stretching – all while improving your balance. No experience is needed; before the class the trainer will introduce the program and the board (which is similar to an inflated paddleboard). Come B part of the fun; you'll enjoy a great workout!

Core+: A 30 minute core workout designed to focus on your foundation – your core! Core+ will create stability, then layer in mobility, strength and power. This class incorporates strength and cardio elements for a well-rounded workout.

Cycle: Saddle up for a great workout to increase muscular strength and cardiovascular endurance without heavy impact on the joints. A motivating soundtrack helps you tackle hills, flats, sprints and mountains.

Kettlebell 45: Combines functional, compound exercises that will work multiple muscle groups while improving your posture! All Fitness Levels welcome.

LIT Cardio: This low intensity interval training cardio class is designed to increase your heart rate and burn calories.

P90X®: A full body workout combining a variety of techniques including strength training, cardio, yoga, plyometrics, and stretching.

Rise Up: Musically driven and high intensity fitness class using a step to ramp up calorie burn while working the entire body. Designed for all fitness levels.

Roll & Recover: Recover stronger by focusing on self massage, controlled breathing techniques, mobility & flexibility. Experience functional stretching to improve flexibility and reduce injury, while experiencing balance, stress relief and relaxation.

Spin & Strength: Cardio, strength and mobility training in 60 minutes! Join us for intervals of spin (stationary bike) and strength. Participants will use bodyweight, dumbbells, kettlebells and other equipment in this fun full body workout!

Step, Core & More: Step is a great all-around exercise that can be modified to create an intense workout for all levels, whether you have just begun to exercise or have been training for years. Abdominal work in this class takes Step to the next level!

Strong: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every single move. You'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Every move is driven by the music, helping you make it to that last rep!

Tabata: A 30 minute interval-based full body workout. Weights are optional.