

GROUP FITNESS

April 2017

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM	SUNDAY AM
5:45 *rhythm ride 4	5:45 vinyasa yoga 1	5:45 body breakthru 3	5:45 vinyasa yoga 1	5:45 *hilit cycle 4	7:10 body breakthru 3	7:15 zumba ® 3
6:00 tabata 3	6:00 team kick 3	5:45 *studio cycle 4	5:45 *rhythm ride 4	6:00 team kick 3	7:10 *studio cycle 4	8:15 head to toe 3
8:15 vinyasa yoga 1	8:15 prime movers 1	6:30 core & stretch (15) 3	8:15 prime movers 1	8:15 prime c.b.s 1	8:15 cardio muscle mix 1	8:30 *rev cycle 4
8:15 body breakthru 3	8:30 zumba ® 3	8:00 gentle yoga 3	8:15 body breakthru 3	8:15 body fusion 3	8:15 low heat vinyasa yoga 3	9:30 mat pilates 1
9:20 team kick 3	9:30 tb training 3	9:00 tb step 3	9:20 mat pilates 3	9:20 zumba ® 3	8:15 *studio cycle 4	9:30 step 3
9:30 mat pilates 1	9:30 *studio cycle 4	9:30 *rhythm ride 4	9:30 *rev cycle 4	9:30 vinyasa yoga 1	9:30 zumba ® 3	10:45 gentle yoga (75) 3
10:30 head to toe 3	10:30 body fusion 3	9:30 asana yoga 1	10:30 tabata 3	10:30 head to toe 3	9:45 vinyasa yoga 1	
10:30 body beatz 1		10:30 head to toe 3		11:00 body beatz 1	10:45 head to toe 3	
					11:00 gentle yoga 1	
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM	SUNDAY PM
4:15 *teen body beatz 1	1:00 vinyasa yoga 1	4:30 gentle yoga 1	1:00 vinyasa yoga 1	5:00 yoga & meditation 3	12:30 gentle yoga (ends 4/29/17) 1	3:30 vinyasa yoga 1
5:00 step (30) 3	4:30 body breakthru 3	5:30 tb training 3	4:15 *teen cardio beatz 1	5:15 mixxed fit ® 1	2:00 piyo ® 1	
5:35 strength (30) 3	5:15 head to toe 3	6:00 *cycle & yoga 4, 1	4:30 body fusion 3			
5:30 gentle yoga 1	6:00 *rev cycle 4	6:30 zumba ® 3	5:30 head to toe 3			
6:00 *rev cycle 4	6:15 team kick 3	7:30 mat pilates 1	6:30 body beatz 3			
6:15 body fusion 3	6:30 body fusion 1		7:00 vinyasa yoga 1			
7:00 zumba ® 3	7:30 yogalates 3					

***New Teen Program - Teen Beatz**
 (13-17 year olds, free with membership)
 Mondays 4:15-5:15 pm - body beatz (weights & bands)
 Thursdays 4:15-5:15 pm - cardio beatz (dance & athletic moves)
 Dates: 4/3 - 4/27
 Sign up today. Non members welcome. Pricing available at desk.



CLUB HOURS
 monday - thursday
 friday
 saturday & sunday

5am - 9pm
 5am - 8pm
 7am - 5pm

STUDIOS
 studio 1
 studio 3
 studio 4

mind and body
 pure energy
 cycling

DESCRIPTIONS ON BACK

364 granite avenue
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