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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday**  6:30 AM – 6:30 PM | **Tuesday**  6:30 AM – 6:30 PM | **Wednesday**  6:30 AM – 6:30 PM | **Thursday**  6:30 AM – 6:30 PM | **Friday**  6:30 AM – 2:00 PM | **Saturday**  8:00 AM – 10:00 AM |
| **7:45 AM** | Balanced Barre |  | Balanced Barre |  | Balanced Barre |  |
| **8:00 AM** |  | Indoor Cycling 30\* |  | Indoor Cycling 30\* |  |  |
| **8:30 AM** | Indoor Cycling 45\* |  | Indoor Cycling 45\* |  | Indoor Cycling 45\* |  |
| **8:40 AM** |  | Yoga |  | Yoga |  |  |
| **8:45 AM** |  | Muscle Max |  | Muscle Max |  |  |
| **9:35 AM** | Retro Low to Go |  | Retro Low to Go |  | Retro Low to Go |  |
| **10:40 AM** | Chair Yoga |  | Chair Yoga |  | Chair Yoga |  |
|  | Chair Yoga 2 |  | Chair Yoga 2 |  |  |  |
| **10:50 AM** |  | Zumba |  | Zumba |  |  |
| **5:30 PM** |  | Muscle Max  Begins Jan 15 |  | Muscle Max  Begins Jan 15 |  |  |
|  |  | Classroom 1 | Classroom 3 | Classroom 2 | \*denotes limited space |  |

Balanced Barre: This class combines yoga, pilates and ballet. Come build strength, balance and flexibility in this dynamic class. **LEVEL 2 &3**

Retro Low to Go: Turn back the hands of time with this fat-burning, feel good low impact workout including strength and stretching at the end. Effective workout with exercises specifically designed to be easy on your joints but hard on those problem areas. Work out today, look like you did yesterday and feel even better tomorrow! Level 3

Chair Yoga: All your favorite yoga poses performed in or around your chair. Don’t worry, you’ll stay off the floor for this one! **LEVEL 1 & 2**

Indoor Cycling 30: Join us for 30 minutes of a fun, non-impact group cycling workout that is safe for anyone. Limited space. **LEVEL 1 & 2 & 3**

Indoor Cycling 45: Join us for 45 minutes of a fun, non-impact group cycling workout that is safe for anyone. Limited space. **LEVEL 2 & 3**

Muscle Max: Experience effective functional total body strength training techniques using different strength tools likes bars, bands, steps and kettlebells. **LEVEL3**

Yoga: We are taking yoga to the next level in this class that involves mat exercises and yoga poses on the floor. **LEVEL 2 & 3**

Zumba**:** Ditch the workout and join the party! Zumba fuses Latin and International music with easy to follow dance steps. **LEVEL 3**