


March

GROUP FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	PEDAL POWER SHAWN PIROS		PEDAL POWER SHAWN PIROS			
7:15AM		YOGA ANYA KELLY		YOGA ANYA KELLY		
7:30AM	CORE FUSION STEPHANIE ROOT		CORE FUSION STEPHANIE ROOT			
8:30AM	AQUA FIT SUE PFLUGHOFT NO CLASS 03/23	30/30 SPIN YOGA TEISHA PREECE	AQUA FIT SUE PFLUGHOFT NO CLASS 03/18 & 03/25	30/30 SPIN YOGA TEISHA PREECE	GENTLE YOGA TEISHA PREECE	
10:00AM	STRENGTH IN MOBILITY BRITTANY WILLIAMS	PRACTICAL POWER STEPHANIE ROOT	STRENGTH IN MOBILITY BRITTANY WILLIAMS		RESTORATIVE THAI CHI TEISHA PREECE STARTS 9:45AM	YOGA ANYA KELLY STARTS 10:15AM
12:10 PM	MOVE BETTER MONDAY BRITTANY WILLIAMS	STRONG NATION + WEIGHTS™ BRITTANY WILLIAMS	HIIT PILATES MELISSA RYCKMAN	STRONG NATION + WEIGHTS™ BRITTANY WILLIAMS	<p><i>Scan for class schedule and class cancellations</i></p>  	
5:45 PM		BOOTCAMP SAMANTHA CROSLAND		BOOTCAMP SAMANTHA CROSLAND		

Fitness classes can be adapted for any fitness level. Please contact your instructor with any questions.

ALL classes are included with your daily admission.

30/30 SPIN YOGA: A 60 minute class—30 minutes of cycling, followed by 30 minutes of yoga. This combo class brings you the cardio and endurance of a cycling workout, followed with the deep stretch and strengthening of yoga, then a cool down and some relaxation!

AQUA FIT: This water class provides opportunity for aerobic conditioning, muscle strengthening and toning through deep and shallow water exercises. A variety of resistance and buoyancy equipment will be used.

BOOTCAMP: Boot Camp is a full-body workout designed to help you improve strength, endurance, and overall fitness through a variety of high-energy exercises targeting multiple muscle groups. Each 60-minute session combines strength training, cardio, and functional movements using dumbbells, bands, cardio equipment, and bodyweight exercises to keep workouts effective, engaging, and fun. This class is designed to be adaptable, with options provided to support a range of fitness levels while still offering opportunities to challenge yourself. Participants are encouraged to work at their own pace and choose the level that best fits their goals and experience. Each class will also include a dedicated mobility and recovery component to improve flexibility, support muscle recovery, and help you leave feeling strong, balanced, and refreshed.

CORE FUSION: Core is the key! This 45 minute class will focus on building core strength, increasing muscle tone, and creating overall stability and endurance throughout your "powerhouse" aka core! Classes will perform a variety of movements that blend traditional core exercises with "Pilates" type conditioning designed to help reduce low back pain, improve posture, enhance sports performance, and increase endurance.

GENTLE YOGA: This Gentle Yoga class is a blend of gentle restorative yoga and flowing vinyasa. Class is structured to gain flexibility, strength and tone, as well as learning skills to de-stress and relax. A low to moderate intensity class, the poses can be modified either up or down to fit the needs of those participating. Beginner friendly!

HIIT PILATES: Get ready for a dynamic, full-body workout that combines high-intensity cardio with the core-strengthening benefits of Pilates. In the first half of class, you'll choose your favorite equipment—bike, rower, ski erg, or battle ropes—for a powerful HIIT session designed to boost your heart rate and burn calories. We'll then transition into Pilates to focus on core stability, flexibility, and muscle recovery. This balanced blend of sweat and strength will leave you feeling energized and centered.

MOVE BETTER MONDAY: Start your week with a reset designed to help you feel and move your best. This class begins with 15 minutes of guided foam rolling to release muscle tension, improve circulation, and reduce stiffness. The class continues with 30 minutes of CIRCL Mobility™, a Zumba®-licensed program that combines breathwork, stretching, and controlled mobility exercises to improve flexibility, joint health, posture, and overall movement quality. Perfect for all fitness levels, this class will help you recover, restore mobility, and move into your week feeling refreshed and ready.

PEDAL POWER: Get ready to sweat, smile, and ride strong! Pedal Power is a high-energy indoor cycling class designed to take you through a variety of terrains — from intense hill climbs and fast-paced sprints to powerful interval drills and steady flat-road pushes. Whether you're a seasoned rider or new to the saddle, this class will challenge and improve your cardiovascular endurance, muscular strength, and overall fitness. To wrap it up, the final 15 minutes will focus on Core and Pelvic Floor training — helping you build stability, enhance performance, and support your body from the inside out. Come for the ride, stay for the strength!

PRACTICAL POWER: Build lean muscle, boost stamina, and gain real-life strength. Practical Power blends strength training and functional movement for a joint-friendly class that's perfect for all levels.

RESTORATIVE THAI CHI: This class blends the benefits of simple Tai Chi and qigong with restorative yoga, creating a wonderfully rejuvenating and relaxing workout that is great for the mind and gentle on the body.

STRENGTH IN MOBILITY: This class will combine low impact strength exercises with functional movements and stretching to increase overall mobility, stability, and fitness. Be able to enjoy all the activities of daily life with more confidence and less aches and pains! Concludes with 12 minute CIRCL Mobility.

STRONG NATION + WEIGHTS®: A high-intensity interval training workout that combines bodyweight strength, cardio, and athletic conditioning with the added challenge of external resistance. Each class follows the STRONG Nation® format of four quadrants—Ignite, Load, Amplify, and Burn—with movements synced to music designed to match every rep and drive intensity. In this enhanced version, weights are incorporated primarily during the Load and Burn quadrants to increase muscular strength, improve endurance, and elevate overall results. Exercises may include weighted squats, lunges, presses, rows, and core work alongside signature punches, planks, and athletic drills. This class is ideal for participants looking to build strength, increase calorie burn, and take their STRONG Nation® workout to the next level. Modifications and weight options are provided, making it accessible and scalable for multiple fitness levels.

YOGA: Classes are vinyasa-style, which translates as coordinating movement with the breath. Sequences are unique, and incorporate awareness of the body as well as the breath. Poses are broken down so that the best alignment and potential of your body can be achieved.