



Hours of Operation

Monday-Friday 6:00am-8:00pm

Saturday 8:00am-6:00pm

Sunday 10:00am-6:00pm

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am							
		Zumba 9:00-10:00 <i>Julia</i>		Power Yoga 9:00-10:00 <i>Kym Swank</i>	Zumba 9:00-10:00 <i>Julia</i>	Power Yoga 9:00-10:00 <i>Kym Swank</i>	
		Boot Camp 10:00-11:00 <i>Wolfgang</i>	Butts n Gutts 10:00-11:00 <i>Rachel</i>	Muscle Blast 10:00-11:00 <i>Karri</i>	30/30 Abs & Stretch 10:00-11:00 <i>Karri</i>	Beginner/ Gentle Yoga 10:00-11:00 <i>Kym Swank</i>	Zumba 9:30-10:30 <i>Julia</i>
pm							
		Kids Zumba/ Dance 6:00-7:00pm <i>Julia</i>					

Boot Camp: Wolfgang Albrecht describes his class as "a high intensity full body workout every time. I will push people out of their comfort zone. Great fun, very addictive".

Cross Training: A full body strength and cardio workout that focuses on overall fitness! This high energy class incorporates bouts of cardiovascular activity mixed in with strength training exercises using free weights, stability balls, resistance tubing, and more! This class will give you everything you need for a complete workout challenge, while offering alternatives for all fitness levels.

Cardio, Core & More: This class will increase your strength, tone your body, and get your heart pumping through strength, core, and cardio training.

Flow Yoga: A challenging yoga series for all levels, transforming your body, mind and spirit. In this class you will learn to integrate rhythmic breathing with conscious movement. Postures are linked in a dynamic flowing sequence that is designed to cultivate heat, stamina, flexibility, and strength in the body. Benefits of practicing yoga: Yoga balances and strengthens us physically, mentally and emotionally, improving the quality of our lives. It is beneficial for everyone and all fitness levels are welcome.

Kick It Up!: High energy, high intensity interval class that combines easy-to-follow kickboxing exercises with boot camp style drills. It's designed to challenge your cardiovascular system and condition your muscles. All fitness levels welcome.

Pilates: Pilates is a full body workout that will strengthen your core (all of your abdominal muscles), gluteal muscles, and inner thighs. It will improve your posture, breathing, body awareness, flexibility, and coordination. Pilates will enhance your performance in any sport, including golf and tennis. Joseph Pilates said: "10 sessions you feel different, 20 sessions you look different, 30 sessions you have a new body".

Zumba: Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Come join the fun!

Cardio/Strength Fusion: A high energy class that incorporates cardio and strength intervals. ALL LEVELS.

Strength/Abs: A total body conditioning class that targets all the muscle groups. Focusing on core strength and conditioning. ALL LEVELS.

Muscle Blast: An energy packed 60 minute strength workout that challenges all of your major muscle groups. Great music and exciting atmosphere will inspire you to get the results you came for.

Cardio Intervals 20/20/20: A class that covers it all! 20 min cardio, 20 min strength, and 20 min flexibility.

30/30 Abs & Stretch: 30 minutes of Ab and Core exercises that will help tighten and tone that tummy. 30 minute stretch will dramatically increase your flexibility in every major area: shoulders, back, glutes, hamstrings, and hips.