

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5:30am - 6:00am Express Cycle Alexis Cycle Studio	5:30am - 6:25am BODYPUMP Lori Main Studio	5:15am - 6:10am Cycle & Abs Shannon Cycle Studio	5:30am - 6:25am BODYPUMP Lori Main Studio	5:30am - 6:25am BODYBALANCE Lori Mind & Body Studio	8:00am - 8:45am Cycle Rotating Cycle Studio
8:30am - 9:25am Aqua Action Carol Pool	8:00am - 8:55am Senior Strength Olivia Main Studio	9:00am - 9:55am LIT Strength \$ LIT Studio	8:00am - 8:55am Yin Yoga Melissa M&B Studio	8:00am - 8:55am Yin Yoga Melissa M&B Studio	9:00am - 9:55am SATURDAY SURPRISE Rotating Main Studio
9:00am - 9:45am Hardcore Strength Megan H Main Studio	8:30am-9:25am Aqua Action Carol Pool	9:00am - 9:55am BODYPUMP Nichol Main Studio	8:00am - 8:55am Senior Strength Olivia Main Studio	9:00am - 9:55am LIT Strength \$ LIT Studio	9:00am - 9:55am Aqua Action Ingrid Pool
9:00am - 9:55am LIT Strength \$ LIT Studio	9:00am - 9:55am LIT Knockout \$ LIT Studio	10:30am - 11:25am Senior Strength & Balance Nichol Main Studio	8:30am-9:25am Aqua Action Carol Pool	9:00am - 9:55am BODYPUMP Nichol Main Studio	10:00am - 10:55am Aqua Action Ingrid Pool
10:00am - 10:55am Pilates Fusion ★ Robyn Mind & Body Studio	9:00am - 9:55am CARDIO Dance Ashley Main Studio	12:15pm - 1:00pm Chair Yoga Lori Mind & Body Studio	9:00am - 9:55am LIT Bootcamp \$ LIT Studio	10:15am - 11:10am Beginning Yoga ★ Robyn Mind & Body Studio	
11:00am - 11:45am Mobility After 50 ★ Aisha Main Studio	9:00am - 9:30am Express Cycle Rotating Cycle Studio		9:00am - 9:45am Cycle Megan H Cycle Studio	11:15am - 12:10am Mobility After 50 Lori Main Studio	
	10:00am - 10:55am Yoga Flow Ashley Mind & Body Studio	1:00pm-2:00pm RESERVED Robyn Main Studio	9:00am - 9:45am Zumba Gold Angel Main Studio		
	10:30am - 11:30am Pilates Reformer \$ Robyn Main Studio		10:00am - 10:55am Yoga Flow Ashley Mind & Body Studio		
4:30pm - 5:25pm BODYPUMP Pam Main Studio			10:15-11:10am Mobility After 50 ★ Aisha Main Studio		
5:00pm - 5:30pm Express Cycle Julie Cycle Studio				THURSDAY	
5:35pm - 6:30pm BODYBALANCE Julie Mind & Body Studio		5:15pm - 6:10pm BODYPUMP Tom Main Studio		5:35pm - 6:30pm BODYBALANCE Julie Mind & Body Studio	
5:30pm - 6:25pm Aqua Action Ingrid Pool	5:00pm - 5:45pm BODYCOMBAT Emily Main Studio	5:30pm - 6:00pm Express Cycle Alexis Cycle Studio	5:00pm - 5:30pm BODYCOMBAT Emily M&B Studio	5:45pm - 6:40pm Aqua Zumba Ingrid Pool	
6:45pm - 7:40pm Yin Yoga Melissa M&B Studio	5:30pm - 6:25pm Pilates Fusion ★ Robyn Mind & Body Studio	6:15pm-7:10pm Yoga Flow Jamie M&B Studio	5:00pm - 5:30pm Express Cycle Julie Cycle Studio	5:30pm - 6:30pm Pilates Reformer \$ Robyn Main Studio	

Virtual Option ★

Mind & Body ●

Main Studio ●

Reformer \$

Cycle ●

Pool ●

LIT \$

Every Other Week

Family Friendly Class

Reserve your spot in class in our mobile app or by contacting the Front Desk! Class updates & cancellations will only be sent to those signed up for class in advance.

AQUA ACTION Combination of aerobic and strength training that will leave you feeling stronger and more energized. A variety of equipment is used like noodles, underwater weights, kick boards, etc. Low impact and does not require swimming or fitness experience.

AQUA ZUMBA Physically challenging but low impact, participants will work in a rotation of Tabata, strength, cardio and endurance movements. A variety of equipment is used like noodles, underwater weights, kick boards, etc. Does not require swimming or fitness experience.

BEGINNING YOGA Learn the basics of yoga and enjoy the joy, relaxation, and strength as you flow through poses. Participants will be on their feet and in the prone and supine position. Low impact, great for those without yoga experience.

***BODYBALANCE** Yoga, Tai Chi, and Pilates workout that builds flexibility and strength. Controlled breathing, concentration, and a series of stretches, moves, and poses to bring harmony and balance. Designed for those at an intermediate fitness level with some basic yoga experience.

***BODYPUMP** Addictive workout challenges all your major muscle groups by using the best weight room exercises such as squats, presses, lifts, and curls. A breakthrough in fitness training focusing on high repetition movements with low weight loads. Great for beginners in strength training.

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ

BARRE STRENGTH This class combines attributes of Pilates, dance, and functional fitness training. We will incorporate high intensity, isometric movements to build strength along with low-impact, large range motion to elevate your heart rate. Each class provides sequencing that incorporates upper and lower body to build alignment, strengthen your core and tone your entire body.

CARDIO DANCE Fun-loving easy-to-follow dance workout. Playful and addictive class that allows you to let go, get moving and have fun doing it. Great for all fitness levels with options for low impact or high intensity.

CYCLE & ABS A mix of our Express Cycle class with a 15min ab killer to top it off. Get your heart rate pumping and your abs burning.

EXPRESS CYCLE 30 minutes of high intensity cardio utilizing the stationary bike. Bike resistance is individually adjustable allowing for a great fitness class for participants at any fitness level with the option for low or high intensity.

MOBILITY AFTER 50 A senior-focused class designed to increase mobility, stability, flexibility, and agility that is fun and effective. A variety of equipment will be utilized during class. This class is low impact and does not require fitness experience.

GROUP CYCLE Blend of sprints, jumps, uphill battles, and downhill rest intervals to really get your heart pumping. Bring your outdoor cycling experience indoors. Bike resistance is individually adjustable allowing for a great fitness class for participants at any fitness level with the option for low or high intensity.

ZUMBA GOLD A lower-intensity version of the typical zumba class and was designed to meet the anatomical, physiological, and physiological needs of seniors.

*Les Mills choreographed classes.

HARDCORE STRENGTH Combining (High Intensity Interval Training) and resistance training, experience a full body strength and cardio workout. Leave feeling strong and accomplished. Low impact modifications are available with the option for high intensity.

MOBILITY AFTER 50 Designed to increase mobility, stability, flexibility and agility in a way that is fun and effective. A variety of equipment will be utilized. Low impact and does not require fitness experience.

PILATES FUSION Focuses on core strength through proper body alignment and breath. Much of the class will be performed seated or lying and is low impact.

POWER YOGA Strong moving and energetic. Focused on building strength, stability, and endurance through fluid movements from one pose to the next while connecting breath awareness and coordination. This flowing sequence of poses will elevate your heart rate and make you sweat! Basic yoga experience recommended before taking this class.

SENIOR STRENGTH Blend of strength, flexibility, and balance moves. Equipment utilized is typically resistance bands, hand weights, a chair, and bodyweight. Modifications are provided to everyone can participate in this low impact workout.

YOGA FLOW Controlled breathing, concentration, and a workout series designed to build strength and flexibility. Yoga experience recommended so you're comfortable holding poses.

YIN YOGA Yin yoga is a practice that focuses on stretching the deep connective tissues in order to strengthen and lengthen them. Each pose works with the energy meridians in your body as well as cultivating active stretch in your connective tissues to increase strength and flexibility, improve joint mobility, improve posture, and release trauma in the body. Each pose allows time to focus on breath, mindfulness, and surrendering to the present moment. This class is great for all fitness levels.

CHAIR YOGA: For these yoga poses, participants will sit in a chair and stand using a chair for balance. This class may help people with chronic health conditions, such as pain, diabetes, anxiety, depression, fibromyalgia, hypertension, multiple sclerosis, chronic obstructive pulmonary disease and arthritis.

PAID CLASSES:

LIT KNOCK OUT Boxing for conditioning and cardio including floor work, variety of strikes, kicks and explosive moves. 14oz boxing gloves required. Available for rent.

LIT BOOTCAMP: unleash your inner athlete! A challenging, fun, and results-driven workout! This bootcamp class features battle ropes, med balls, slam balls, TRX and more! Discover what you're truly capable. Get ready to sweat, work hard, and achieve your fitness goals like never before!

LIT STRENGTH: Full-body strength class that incorporates barbell, dumbbell, and bodyweight exercises.

PILATES REFORMER Flowing and dynamic class which develops awareness of breath and alignment and effectively strengthens core muscles while increasing flexibility of the spine, shoulders, hips, and legs.

