



Group Fitness Manager  
Shelli Sanzo  
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Studio 1					Effective January 1, 2019	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Esther 5:45 - 6:45am	Dana 5:45 - 6:15am	Nicole 5:45 - 6:45am	Meredith M 5:45 - 6:30am	Mike 5:45 - 6:15am	Jessica 8:00-8:45am	
		Mary 8:00 - 8:45am		Mary 8:00 - 9:00am	Jessica 8:50-9:20am	Jackie 8:30-9:30am
Stasi 9:15 - 10:15am	Matt 9:15 - 10:00am	Matt 9:15 - 10:15am	Jenea 9:40-10:30am	Stasi 9:15 - 10:15am	Beth/ Jen 9:30-10:30am	Teresa Y 9:35-10:35am
Vicki 10:20 - 11:20am	Matt 10:00-10:30am	Barb 10:20 - 11:20am	Matt 10:30-11:30am	Barb 10:20 - 11:20am	Darbie 10:45-11:45am	Jim 10:45-11:45am
Suzanne 11:30 - 12:30pm			Jill 12:00-1:00pm		Rikki / Dmitry 11:55-12:55pm	
	Beth/Jen 4:30-5:30pm	Vicki 4:30 - 5:30pm	Meredith M 5:00-6:00pm			
Jill 4:45 - 5:15pm	Teresa Y 5:30-6:15pm	Sara 6:00 - 6:45pm	Dana 6:00 - 6:30pm	Mayra 4:30 - 5:30pm		
Jill 5:35 - 6:35pm	Jessica 6:15 - 6:45pm	Dmitry 6:50-7:50pm	Ellie 6:45 - 7:45pm	Jill Scott 5:35 - 6:35pm		
Rikki 6:45 - 7:45pm	Jessica 6:50 - 7:50pm					

  

Studio 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Laura 9:15-10:15am	Kim C 9:15-10:15am	Laura 9:15-10:15am	Cindy 9:00 - 10:00am	Cindy 9:00-10:00am	Dana/Pam 8:15 - 8:45am	Esther 9:00-9:55am
Jen See below* 10:20-11:20am	Kim C. 10:20-11:20am	Mariel 10:20-11:20am	Shannon 10:15- 11:15am	Amy 10:15-11:15	Meredith C/Sara 9:00 - 10:00am	Jenny C 10:15-11:15am
	Darbie 11:30-12:00pm			Darbie 11:30 - 12:00pm	Kelly I 10:05-11:00am	
Mayra 5:45-6:35pm	Madelyn 4:45-5:40pm	Amy 5:45-6:45pm			Karida 11:15-12:15pm	Stacie P. 3:30 - 4:30pm
Joyce 6:50 - 7:50pm		Joyce 6:50-7:50pm	Karida 5:35 - 6:35pm	Lucilene, 4:00-5:00pm		
	Jen R 6:45-7:45pm		Kelly I 6:45-7:45pm			

  

SPINNING						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nicole 5:45-6:45am	Lauren G. 5:45 - 6:45am		Lauren G. 5:45 - 6:45am	Carrie 5:45 - 6:30am		
Andi 9:15 - 10:00am	Mary M. 9:15 - 10:10am	Stasi 9:15 - 10:10am	Shelley 9:15 - 10:15am	Matt 9:15 - 10:10am	Mary 9:00 - 9:55am	Jessica 9:35-10:25am
	Jill 12:15-1:05pm	Shelley 10:30-11:25pm			Jim 10:30-11:30am	
Mallory 5:30-6:30pm						
		Nicole 6:00pm-6:55pm				
	Bev 5:30-6:15pm		Jim 6:30 - 7:30pm			

Information about January  
 \*\* Zumba Toning with Jen on Mondays- please bring a set of 1-2 lb weights  
 \*\* Classes in yellow are paid classes  
 \*\* Meredith's Boot Camp will Run January 10-February 27th-- It is FREE to attend  
 \*\*instructor and class subject to change last minute due to emergencies, illness etc. We will try to get notification out if we can

CLASS DIFFICULTY CODES IN PARENTHESIS BELOW:  
1-BEGINNERS 2-MODERATE 3-ADVANCED 4-ALL LEVELS

**LES MILLS GRIT SERIES**

GRIT is for those who enjoy the mental and physical benefits that only HIIT can offer.  
30-minutes of intense challenge  
Explosive music that will drive your workout harder than ever before  
Certified coaches who give you one-on-one attention and motivation  
\*Fee based Small Group Training **3**

**BODYATTACK**

The sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic movements with strength and stabilization exercises and can be done high impact or low. Blast fat, tone the entire body, and have fun! BodyAttack Lite will show low impact options. **2-3**

**BODYPUMP**

The most successful group exercise program in history, BODYPUMP is the original barbell class that strengthens your entire body. Great music, challenging exercises, and your choice of weight inspire you to get the results you came for -- and fast! **4**

**LES MILLS CXWORX**

This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention. **4**

**LES MILLS BODYCOMBAT**

You'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. **4**

**LES MILLS BODYFLOW**

Ideal for anyone and everyone. It is a yoga based class that will improve your mind, body and life. An inspired soundtrack leads you through yoga moves and embraces elements of Tai chi and Pilates **1-3**

*gentle yoga*

This class is designed for those who are new to yoga or those desiring a more moderate approach to practice. Participants will work with gentle but deep stretches, basic postures, breath awareness and relaxation for a more balanced and energized body. **1**

**BODYCOMBAT**

This intense program features dynamic cardio drills, dumbbells, risers, and many more tools for intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN!!! **2-3**

**INTEGRATIVE YOGA**

This is a Hatha (gentle) style of yoga. It brings a focused approach to integrate the Mind, Body and Spirit to form a stronger, yet more peaceful, sense of self. Come with an open mind and heart to embrace ways of living fuller. Ideal for beginners, as well as, those seasoned in their practice. sessions often include sun and moon salutations. yoga balls are used the last Sunday of every month.

**metafit**  
BODYWEIGHT TRAINING

Metafit is a 30-minute, bodyweight-only, non-choreographed, high-intensity interval training (HIIT) workout. The program was created over a decade ago by a Royal Marine Commando in a bid to make HIIT more efficient and effective. It combines the latest HIIT training techniques with traditional 'old school' bodyweight exercises to set the metabolism on fire!

**MAX STRENGTH**--It's a strength class with no exceptions with equipment, pushing the smaller and larger muscle groups to their max while kicking up the metabolism.

**LES MILLS RPM**

is a group indoor cycling workout where you control the intensity. High Intensity interval training set to music and you can burn up to 675 calories a session.

**-4**

**P.H.I.T.**

This metabolic conditioning class combines cardio kickboxing, rope jumping, tabatas, and strength training! A combination of challenging punch and kick intervals and strength exercises using a variety of equipment are included. **2-3**

**Pilates**

This systematic series of core strengthening and lengthening exercises is based on the work of Joseph Pilates. Class format invites participants of all levels to improve posture, flexibility, and mind/body awareness. **1-2**

**POWER YOGA**

Nourish your mind, body, and spirit in an invigorating workout. Poses (asanas) are sequenced together and linked with the breath to create a flow of exercise. Increase strength, improve flexibility, reduce stress and bring balance to your life with this challenging class. Previous yoga experience is recommended. **2-3**

**SPINNING**

Spinning is an indoor cycling workout which allows participants to experience the mind/body connection that is the foundation of obtaining complete health and fitness. Whether beginner or skilled athlete, participants can tailor the workout to best suit their individual fitness levels. **4**

**STEP BLAST**

This Classic, high intensity class uses easy to follow choreography that pushes your fat burning systems into high gear! The variety of moves, fast pace, and smooth transitions make this a class you won't want to miss.

**BARRE FUSION:** Full Body Workout that fuses yoga, pilates, dance and isometric movements using high repetitions and low weight or body weight. Sculpt muscles as you focus on arms, lower body and core work; alternating with cardio bursts to elevate your heart rate. Feel the burn as you stretch out and tone up with fun, energizing music. No dance experience required **4**

*Vinyasa Yoga*

Vinyasa Flow incorporates fluid movement with deep, rhythmic breathing. Linking movement with breath enhances the health benefits of each pose achieving greater muscular strength and tone, increased flexibility, and improved circulation as well as creating a more focused, calm and meditative state of awareness. **2**

**HIIT**

High Intensity Interval Training- a training technique in which you give all-out one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. In this 45 min class, we aren't messing around. Using your own body weight and dumbbells and resistance bands, we will maximize every minute of the class to leave you fueled and coming back stronger. Modifications will be given.

**Hatha Yoga**--The class uses body weight to emphasize mobility, strength and balance. We target all of the major muscles in each class and explain how the poses help the body and how to get the most benefit from each pose-**4**