### SUMMER GROUP EXERCISE SCHEDULE

**Effective: 5/28/19 - 9/1/19**

#### MONDAY
- **VIBE**
  - 5:15-6:00am Mike B.
- **BODY Pump Express™**
  - 8:30-9:15am Joy
- **Battle**
  - 8:45-9:45am Jill P.
- **Yoga for Athletes**
  - 9:00-10:00am Canella
- **Total Body Conditioning**
  - 9:30-10:30am Jodi R.
- **Simply Fit™**
  - 10:35-11:20am Jodi R.
- **Gentle Vinyasa**
  - 11:30am-12:30pm Sharon B.
- **Pilates**
  - 4:30-5:30pm Sue W.
- **JOURNEY**
  - 5:00-5:45pm Kris A.
- **Zumba®**
  - 5:00-6:00pm Milana A.
- **HIIT**
  - 6:05-7:05pm Milana A.
- **Gentle Vinyasa**
  - 6:15-7:30pm Elaine L.

#### TUESDAY
- **VIBE**
  - 5:15-6:15am Eric Z.
- **BODY Pump™**
  - 8:30-9:30am Nancy K.
- **PiloXing™**
  - 8:30-9:30am Jodi R.
- **Chair Yoga**
  - 9:15-10:15am Cheryl J.
- **Boot Camp**
  - 9:30-10:30am Eric Z.
- **PWR**
  - 9:30-10:15am Gary E.
- **Strength, Stability & Stretch**
  - 9:35-10:35am Jodi R.
- **Barre**
  - 10:30-11:30am Jennifer K.
- **Simply Fit™**
  - 10:45-11:15am Jennifer K.
- **Vinyasa I**
  - 9:30-10:30am Sharon B.
- **Pilates**
  - 10:45-11:15am Petra D.
- **JOURNEY**
  - 5:00-5:45pm Kris A.
- **Zumba®**
  - 5:00-6:00pm Milana A.
- **Kuk Sool™**
  - 5:30-6:15pm Jennifer K.
- **Kuk Sool™ for Adults**
  - 6:15-7:00pm
- **Total Body Conditioning**
  - 6:05-7:05pm April S.
- **Vinyasa I**
  - 6:15-7:15pm Paula M.
- **Battle**
  - 6:30-7:30pm Ashley B.
- **BODY Pump™**
  - 6:30-7:30pm Sheldon R.

#### WEDNESDAY
- **Boot Camp**
  - 5:15-6:15am Eric Z.
- **Yoga for Athletes**
  - 5:15-6:15am Canella
- **HIIT**
  - 5:15-6:00am Sue W.
- **JOURNEY**
  - 7:00-7:45am Nancy K.
- **BOYD COMBAT™**
  - 9:40-10:40am Jodi R.
- **Simply Fit™**
  - 10:45-11:30am Jennifer K.
- **Pilates**
  - 9:15-10:15am Jodi R.
- **VINYA I**
  - 9:30-10:30am Sharon B.
- **Pilates**
  - 10:45-11:15am Jodi R.
- **JOURNEY**
  - 6:00-6:45pm Amanda L.
- **Simply Seated™**
  - 11:15am-12:00pm Jodi R.
- **Gentle Vinyasa**
  - 10:30-11:30am Sharon B.
- **BARRE**
  - 4:30-5:30pm Sue W.
- **STRONG™**
  - 5:20-6:20pm Jennifer K.
- **VINYA I**
  - 6:15-7:15pm Paula M.
- **Battle**
  - 6:30-7:30pm Ashley B.
- **BODY Pump™**
  - 6:30-7:30pm Sheldon R.

#### THURSDAY
- **Boot Camp**
  - 5:15-6:15am Eric Z.
- **Yoga for Athletes**
  - 5:15-6:15am Canella
- **HIIT**
  - 5:15-6:00am Sue W.
- **JOURNEY**
  - 7:00-7:45am Nancy K.
- **BOYD COMBAT™**
  - 9:40-10:40am Jodi R.
- **Simply Fit™**
  - 10:45-11:30am Jennifer K.
- **Pilates**
  - 9:15-10:15am Jodi R.
- **VINYA I**
  - 9:30-10:30am Sharon B.
- **Pilates**
  - 11:15-12:15pm Jodi R.
- **VINYA I**
  - 10:30-11:30am Paula M.
- **Kuk Sool™**
  - 5:30-6:15pm Jennifer K.
- **Kuk Sool™ for Adults**
  - 6:15-7:00pm
- **Total Body Conditioning**
  - 6:05-7:05pm April S.
- **VINYA I**
  - 6:15-7:15pm Paula M.
- **Battle**
  - 6:30-7:30pm Ashley B.
- **BODY Pump™**
  - 6:30-7:30pm Sheldon R.

#### FRIDAY
- **VIBE**
  - 8:00-9:00am Sharon P.
- **BODY Pump Express™**
  - 8:30-9:15am Canella
- **HIIT**
  - 5:15-6:00am Sue W.
- **JOURNEY**
  - 7:00-7:45am Nancy K.
- **Pilates**
  - 8:30-9:15am Jodi R.
- **Circuit Blast**
  - 8:30-9:30am Jodi R.
- **VIBE**
  - 9:00-9:45am Laura F.
- **Zumba® Gold**
  - 9:35-10:35am Jennifer K.
- **BODY Camp**
  - 9:45-10:30am Jodi R.
- **Yoga for Athletes**
  - 10:30-11:45am Sharon B.
- **Simply Fit™**
  - 10:40-11:25am Petra H.
- **BODY Pump™**
  - 10:05-10:50am Jodi R.
- **PWR/JOURNEY**
  - 9:00-9:45am Jodi R.
- **BODY Pump™**
  - 10:15-11:00am Jennifer K.
- **Simply Seated™**
  - 11:15am-12:00pm Jodi R.
- **Gentle Vinyasa**
  - 10:30-11:30am Sharon B.
- **Barre**
  - 4:30-5:15pm Sue W.
- **STRONG™**
  - 5:20-6:20pm Jennifer K.
- **VINYA I**
  - 6:15-7:15pm Paula M.
- **Battle**
  - 6:30-7:30pm Ashley B.
- **BODY Pump™**
  - 6:30-7:30pm Sheldon R.

#### SATURDAY
- **Zumba®**
  - 8:00-9:00am Sharon P.
- **BODY Pump Express™**
  - 8:30-9:15am Canella
- **PWR/JOURNEY**
  - 8:00-8:45am Terry G.
- **Aqua Arthritis**
  - 9:00-10:00am Sharon G.
- **BODY Pump™**
  - 10:15-11:15am Ashley B.
- **PWR/JOURNEY**
  - 9:00-9:45am Terry G.
- **BODY Pump™**
  - 10:15-11:15am Ashley B.
- **HIIT**
  - 5:15-6:00am Sue W.
- **Simply Fit™**
  - 10:40-11:25am Petra H.
- **VINYA I**
  - 10:05-10:50am Jodi R.
- **PWR/JOURNEY**
  - 9:00-9:45am Terry G.
- **Aqua Arthritis**
  - 9:00-10:00am Sharon G.
- **BODY Pump™**
  - 10:15-11:15am Ashley B.

#### SUNDAY
- **PWR/JOURNEY**
  - 7:15-8:00am Anne G.
- **PWR/JOURNEY**
  - 8:00-8:45am Sue W.
- **Aqua Arthritis**
  - 9:00-10:00am Sharon G.
- **BODY Pump™**
  - 8:00-8:45am Canella
- **PWR/JOURNEY**
  - 9:00-9:45am Terry G.
- **Aqua Arthritis**
  - 9:00-10:00am Sharon G.
- **BODY Pump™**
  - 10:15-11:15am Ashley B.

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*Class times formats, and instructors are subject to change.*
CLASS DESCRIPTIONS

GROUP EXERCISE STUDIO

Barre: Emphasizes the correct biomechanics of movement combined with the power of music to increase strength, flexibility, stamina and dynamic stability. Program geared for everybody and no dance experience required.

BODYCOMBAT®: is a high energy martial arts-inspired workout. You’ll learn how to punch, kick and strike your way to superior fitness and strength. This non-contact workout requires no experience. Leave your inhibitions at the door and bring your best fighter attitude - you’ll be releasing stress, having a blast and feeling like a champion before you know it.

BODYPUMP™: This workout challenges all major muscle groups, a total body workout utilizing powerful motivating music, choreographed moves by trained instructors and your choice of weight makes this workout for all levels.

Cardio Express: A quick way to get your cardio in. Class changes each time by using various modes and intervals.

Circuit Blast: A circuit style mix of cardio and endurance strength training exercises. This combination has proven to be one of the fastest ways to burn calories and blast fat. All levels welcome.

HIIT: High Intensity Interval Training is exactly that! Bouts of high intensity exercise followed by lower intensity recovery periods. Prepare to push yourself to new levels of fitness!

Muscle Works: Excellent class for all fitness levels. Class will build strength using all studio props (bands, tubes, slides, steps, free weights & jump ropes). Muscle tissue is built and joint integrity is enhanced.

Piloxing: Blends the power, speed and agility of boxing with sculpting and flexibility of Pilates. This fat torching, muscle sculpting, core centric interval workout is designed to whip you into shape!

Piloxing Barre: High energy yet focused - fluid yet powerful. In this cardio program, you lengthen, you strengthen, you box, you sweat.

PiYo: This class combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga.

Pound™: The world’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Simply Fit™: Developed exclusively for the Centre Club, this class is best suited for the older adult, beginner, or someone who is looking for a low to moderate workout. Functional, integrated training consisting of cardiovascular and muscular endurance, balance and coordination, and flexibility are included.

Simply Seated™: Developed as part of the Simply Fit program, this seated class is a great option if injuries, balance issues or joint pain make standing exercises challenging. Segments of seated aerobics, muscle toning and balance and coordination will be integrated into each class.

Strength, Stability & Stretch: Develop strength, muscular endurance and core stability loaded with variety! Ends with stretching to enhance flexibility and promoting muscle relaxation.

STRONG: Not your mama’s Zumba class. Plyometric interchanged with isometric moves, driven by pumpin’ music; keep your workout interesting while you are challenged to see out your max.

TBC: Multi-levelness fitness class integrates segments of aerobic conditioning, strength training and core development. Will challenge all fitness levels!

Zumba®: A high energy, calorie burning, cardio-pulsating, synchronized dance routine.

GYM FLOOR

Boot Camp: A no-nonsense aerobic-based strength training class with exercises proven to increase muscle strength.

BOOTY Camp: This 45 minute class will feature intense lower body exercises, sprinkled with fat burning cardio intervals throughout, to really shape, tone and define the hips, thighs, glutes and core!

Battlin: Train for strength, speed, and power using battle ropes and body weight movements in this challenging 60 minute workout.

Kuk Sool: A martial arts system integrating and exploring the entire spectrum of the established traditional Korean martial arts body conditioning techniques & mental development.

RIDE

PWR: Whether a weekend warrior or an elite athlete, this technical ride will improve your performance.

JOURNEY: An indoor cycle workout for all fitness levels to improve cardio endurance and muscular strength.

VIBE: ‘Please don’t stop the music!’ Get your legs, heart, and fist pumping to this energizing, party-like ride.

SAMADHI

Chair Yoga: is a practice using a chair for seated poses, and the chair as a balance point for standing poses. Perfect for those who are unable to get up and down off the floor comfortably or anyone who likes a gentle yoga class.

Gentle Vinyasa: Treat yourself to a decadent experience and restore your body to its natural state through gentle stretching and relaxation.

Pilates: A total body conditioning class with focus primarily on core strength, and flexibility. Using the principle movements developed by Joseph Pilates, participants will execute a series of exercises lying, seated or standing on a mat to strengthen muscles and develop abdominal stability. Specific instruction on proper breathing will also be emphasized.

Vinyasa I: Synchronize movement and breath to cultivate flexibility, strength, balance, and serenity.

Vinyasa II: This powerful and fluid style of yoga links movement and breath as it detoxifies and exhilarates your body and mind to leave you feeling centered, strong, and rejuvenated.

Yoga for Athletes: Boost metabolism and build lean muscle mass as you flow to upbeat tracks while combining free weights and Vinyasa sequencing.

AQUA

Ai-Chi: Water exercise and relaxation helps participants enjoy the water in a flowing yet powerful progression. Ai-Chi increases oxygen and caloric burn and is ideal for creating improved range of motion and mobility. No swimming experience is required.

Aqua Arthritis: Class is held in the warm water therapy pool. Designed to improve function and stability. Focus will be on range of motion, flexibility and balance. No swimming experience is required.

Aqua Blast: This class combines elements of dance with strength and cardio exercise for a fun, invigorating workout in the lap pool.

Aqua Bootcamp: This aquatic class will combine “Water Works” concepts in addition to more interval style patterns using equipment plus the water’s resistance for a safe and challenging workout.

Aqua Dynamics: Class held in warm water therapy pool designed to enhance movement by offering balance, coordination, strengthening and stretching activities. Some resistance equipment may be used. Aqua arthritis participants are welcome to attend and perform exercises without using resistance.

Deep H2O: Try this dynamic total body cardio and strength workout with absolutely no impact! No swimming skills are required but must feel comfortable in deep water.

Muscles In Motion: An aquatic full body workout using resistance tubing, water bells and noodles. Also, the use of the aqua step will target the upper and lower body while helping with balance and abdominal strength. Beginners through advanced exercisers will benefit.

Water Works: A great workout with safe, effective water resistance offering a variety of aerobic and anaerobic conditioning through circuit, interval and strength training. No swimming experience required.