



(864)292-8875

September 1-24, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan (legs/core/treadmill) 9:00 Barre 30 Nicole 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole	8:30 Upper body 30 Meghan(1) 9:05 Zumba (1) Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L) 10:15 am Yoga Stretch Nicole (NEW)	9:00 am Cycle Gina 9:00 am Circuit Blast Jenny 10:00 Pump (1) Jenny 10:00 Yoga (2) Gina
3:00 Zumba Amber	9:00am Cycle Gina 9:00 am Boot Camp Emily M Labor Day Hours: 8-12 No childcare	5:30 am Cycle Gina 8:30 am Circuit Blast Jenny(1) 9:30 am Pilates Nicole (2) 5:30 Boot Camp Emily M (1) 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita (1)	8:15 am Yoqa 60 Jackie (2) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) 5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 30JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan (cycle/rope/strength) 9:00 Barre 30 Nicole 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole 5:30 Strong HIIT JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Amber	8:30 Upper body 30 Meghan(1) 9:05 Zumba (1) Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L) 10:15 am Yoga Stretch Nicole (NEW)	9:00 am Cycle Gina 9:00 Rope Burn Anna Marie 10:00 am Pump Kallie (1) 10:00 Yoqa (2) Gina
3:00 Zumba Ashley(1) 4:00 Yoga Stretch Charlie	5:30 am Pump (NEW) Emily 8:30 am Upper Body 30 Jenny(1) 9:05am Cardiodance Amber (1) 9:05 am Cycle Jenny 10:00 am Core 15 Jenny (L) 5:30 HIIT 45 Thomas (1) 6:15 Core 15 Thomas (L) 6:00 Yoga Carly (2) 6:15 pm Pump Gina(1)	5:30 am Cycle Gina 8:30 Circuit Blast Jenny (1) 9:30 am Pilates Nicole (2) 5:30 pm Rope Burn Anna Marie(L) 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita	8:15 am Yoga 60 Jackie (2) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) 5:30 pm Upper Body 30 (1) Jessie 6:00 pm Tabata 30 (1) Jessie Marie 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 Jessie Marie	5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan (boot camp/hiit/treadmill) 9:00 Barre 30 Nicole 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole 5:30 Strong HIIT Anna Marie 6:15 pm Cycle 45 Thomas 6:30 Cardiodance Amber	8:30 Upper body 30 Meghan(1) 9:05 Zumba Kathryn 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L) 10:15 am Yoga Stretch Nicole2 (NEW)	9:00 am Cycle Emily D 9:00 Boot Camp Emily M (1) 10:00 Pump (1) Emily M 10:00 Yoga (2) Charlie
3:00 Zumba Ashley	5:30 Kettlebells(NEW) Emily 8:30 am Upper Body 30 Gina(1) 9:05 am Zumba Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L) 5:30 HIIT 45 Thomas (1) 6:15 Core 15 Thomas (L) 6:00 Yoga Carly (2) 6:15 pm Pump (1) JD	5:30 am Cycle Gina 8:30 Circuit Blast (1) Jenny 9:30 am Pilates Nicole (2) 5:30 pm Boot Camp Anna Marie(1) 6:15 pm Cycle 45 Thomas 6:30 Zumba (1) Margarita	8:15 am Yoga (2) Jackie 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) 5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 30 JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	5:30 am Pedal & Pump Gina 8:30 20/20/20 Jenny (L) (legs/core/treadmill) 9:00 Barre 30 Nicole 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole 5:30 Strong HIIT JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Amber	8:30 Upper body 30 Gina (1) 9:05 Zumba Kathryn 9:05 am Cycle 45 Gina 10:00 am Core 15 Gina (L) 10:15 am Yoga Stretch Gina (NEW)	9:00 am Cycle Gina 9:00 Tabata Burn Jessie Marie 10:00 Pump (1) Jessie Marie 10:00 Yoga (2) Gina



(864)292-8875

September 25-30, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 3:00 Cardiodance Margarita	25 5:30 am Strong Hiit 45 Emily(L) 8:30 am Upper Body 30 Gina(1) 9:05am Cardiodance Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L)	26 5:30 am Cycle Gina 8:30 Circuit Blast Jenny (1) 9:30 am Pilates (1)Nicole	27 8:15 am Yoga (2) Jackie 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1)	28 530am Pump n Pedal Gina 830 am 20/20/20 Meghan (kb/drumsticks/core) 900 am Barre 30 Nicole 930 am Pilates 30 Nicole 1000 am Yoga 30 Nicole	29 830 am Upper Body Meghan 905 am Cycle 45 Meghan 905 am Zumba Ashley 1000 am core Meghan (L) 1015 am Yoga Stretch Nicole	30
	5:30 HIIT 45 Thomas (1) 6:15 Core 15 Thomas (L) 6:00 Yoga Carly (2) 6:15 pm Pump (1) JD	5:30 Rope Burn Anna Marie(L) 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita	5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 30 JD 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	530 pm Strong Hiit JD 615 pm Cycle 45 Thomas 630 pm Cardiodance Amber		

Class Descriptions:

Boot Camp: a core strength and conditioning program focusing on functional movement to enhance your competence in all tasks! Each class is designed to push you out of your comfort zone.

Yoga Stretch: Very slow paced stretch class that every single body is encouraged to take. Move through the entire body, gently stretching and lengthening every part from neck, shoulders, chest and back to hips, legs and kettlebells: a fun weighted tool that makes lifting weights interesting and fun.

Cycle: Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance.

Drumsticks: You will be utilizing drumsticks and rhythm for a heart pumping workout. Perfect class for letting loose, getting energized, toning up and rockin' out!

H.I.I.T: High Intensity Interval Training is a must. Strength, Agility and Power moves in a fun and challenging class for all levels and every body type

Pilates: Improve core strength, coordination and correct postural alignment and balance with the various Pilates exercises this class offers. This Pilates mat class is offered free to all members.

Pump: total strength training class for all levels. Learn proper lifting form and safe moves guaranteed to change your physique. Get stronger and leaner now. More muscle=higher metabolism

Strong: A Zumba licensed class without the dance. This class is a great format with high intensity moves that torches calories.. This is training with the science of synced music motivation

Tabata: one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time

Tread: Come to the treadmills for a fun walk/jog/run workout. All levels welcome.

Yoga: Bring together body, mind and spirit while flowing and moving through various poses to increase your mobility, flexibility, strength and balance. Enhance your breathing techniques, free your mind, reduce stress and

Zumba: a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms, and resistance training.

Pump: total strength training class for all levels. Learn proper lifting form and safe moves guaranteed to change your physique. Get stronger and leaner now. More muscle=higher metabolism

Circuit Blast: A Classic style workout, moving your way through various stations for a set amount of time. Utilizes a variety of equipment and exercises, making it a fun and dynamic, ever changing class. Great for all fitness

Pump and Pedal: a great new fusion class that starts with 20-25 minutes of upper body strength training and then moves quickly into the cycle studio for a short but fun cardio ride.

Barre: Come see what all the hype is about in this quick 30 minute class that uses light weights and small controlled movements to strengthen every muscle.