



GROUP EXERCISE SCHEDULE

STUDIO A

Starts February 2nd – March 9th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00- 6:00 am	Body Pump <i>Rotating</i> 5:15-6:00 am		Weights & Plates Yoga <i>Sara</i> 5:15-6:00 am		Yoga Flow <i>Sara</i> 5:15-6:00 am	
6:00- 9:00am	Home School Strength 7:00 -8am					
	ForeverWell (55+): AOA <i>Ben</i> 8:15-9:00 am		ForeverWell (55+): AOA <i>Ben</i> 8:15-9:00 am		ForeverWell (55+): AOA <i>Ben</i> 8:15-9:00 am	
	Body Pump <i>Grace</i> 9:15-10:00 am	Low-Impact Cardio <i>Shelly</i> 9:15-10:00 am	Low-Impact Cardio <i>Shelly</i> 9:15-10:00 am	Beginner Pilates <i>Anna</i> 9:15-10:00 am	Low-Impact Cardio <i>Shelly</i> 9:15-10:00 am	Zumba <i>Tamika</i> 8:30am – 9:30am
10:00- 11:00am	ForeverWell (55+): Forever Active <i>Anna</i> 10:15-11:00 am	ForeverWell (55+): Forever Active <i>Karrie</i> 10:15-11:00 am	ForeverWell (55+): Forever Active <i>Grace</i> 10:15-11:00 am	ForeverWell (55+): Forever Active <i>Karrie</i> 10:15-11:00 am		Yoga Flow <i>Sara</i> 9:45- 10:30 am
11:00- 12:00pm		ForeverWell (55+): Chair Flow <i>Margie</i> 11:15-12:00 pm		ForeverWell (55+): Chair Flow <i>Margie</i> 11:15-12:00 pm		
12:00- 2:00pm		RESERVED FOR <i>StrongBodies for the Hmong</i> 12:00-2:00pm	Parkinson's Power <i>Aspirus Therapies & Pinnacle Performance</i> 12:00-12:50 pm	RESERVED FOR <i>StrongBodies for the Hmong</i> 12:00-2:00pm		
2:00- 3:00pm		RESERVED FOR VA 2-3 pm				
3:00- 5:00pm	RESERVED FOR VA 3-4 pm					
5:00- 7:30pm	Irish Dancing youth 5:30pm- 6:15pm					
	Irish Dancing adult 6:30pm- 7:30pm	Zumba <i>Tamika</i> 6:15-7:15pm		Butts & Guts <i>Anna</i> 5:30-6:15pm		

Please note the specialty classes require you to reverse a spot (Indicated by *) and Classes that have additional fees/registration required (Indicated by color yellow).

STUDIOS ARE OPEN FOR MEMBER ACCESS (11-12 with an adult) WHEN CLASSES ARE NOT IN SESSION

**** SUBJECT TO BE CLOSED DUE TO STAFF USE ****



GROUP EXERCISE SCHEDULE

ForeverWell (55+): Active Older Adult

Similar to Forever Active, Active Older Adult is designed for those looking for a great workout and camaraderie. The class is joint friendly and appropriate for at all levels. The exercises in this class are designed to improve your strength, flexibility, balance and coordination.

Butts & Guts

Butts & Guts does just what it says, it targets your lower body and core for an effective workout! This class is taught with both high and low impact modifications, and does well to tighten and torch the butt, hips, thighs and core!

ForeverWell (55+): Chair Flow

Chair Flow is a great way to stretch and move the body without having to worry about balance or getting on your knees. Focusing on the breath, gentle stretches, and incorporating the chair will have you feeling relaxed and rejuvenated.

Low-Impact Cardio

Expect a full-body workout using various equipment that promote foundational, compound, and isolation exercises for toning and aerobic fitness.

ForeverWell (55+): Forever Active

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Weights & Plates Yoga/Yoga Flow

Yoga Flow is inspired by Vinyasa, which synchronizes movement with breath, flowing from one move to the next. This class will help you build strength, increase flexibility, and find focus through deep breathing.

Zumba

Step into the lively world of Zumba, where Latin rhythms and high-energy dance moves combine for a thrilling workout experience. Led by our dynamic instructor, each class blends easy-to-follow choreography with aerobic exercise, making it accessible and fun for everyone. Get ready to groove, sweat, and enjoy the infectious energy of Zumba.

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GROUP EXERCISE SCHEDULE

STUDIO B 9th

Starts February 2nd – March

***Cycling and TRX requires card pick up from the front desk, to reserve your spot**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00am		*Cycling Jen 5:15-6:00 am		*Cycling Jen 5:15-6:00 am		
7:00-8:00am	Small Group Training Ben 7-8am		Small Group Training Ben 7-8am	Home School Strength 7:00-8am	Small Group Training Ben 7-8am	*Spinning Strength/ Sprint 8 8:15-9 am Rotating Coach
8:00-9:00am						
9:00-10:00am			*Sprint 8 Anna 9:15-10am		*Spinning Strength Desirae 9:15-10am	
10:00-11:00am	Small Group Training Rhianna 10:15-11:15am		Small Group Training Rhianna 10:15-11:15am		Small Group Training Rhianna 10:15-11:15am	
12:00-1:00pm			Live Strong 12:30-1:45			
1:00-5:30pm	Small Group Training Markis 4:30-5:30pm		Small Group Training Rhianna 4:30-5:30pm			
5:45-7:00pm	*Spinning Strength Markis 5:45-6:30pm	Boot Camp Markis 5:30-6:15pm	*TRX Rhianna 5:45-6:30pm			

Please note the specialty classes require you to reserve a spot (Indicated by *) and class has additional fees/registration required (Indicated by the color yellow).

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GROUP EXERCISE SCHEDULE

Cycling*

This class offers all the challenges of cycling on the open road with hills and uneven terrain. The workout is set to music with various motivating drills throughout the class. Cycling is an excellent workout for your lower half, which is complimented by exercising your heart.

*Check in with the front desk to reserve your spot as there is a 12-participant limit.

Spinning Strength*

Join an engaging workout class going beyond cardio with diverse movements, core focus and cycling. Experience fun, challenging sessions in a vibrant atmosphere and hands on coaching.

*Check in with the front desk to reserve your spot as there is a 12-participant limit High-intensity interval training.

Sprint 8*

HITT class designed to deliver maximum results in minimal time. Workout alternates short, intense sprint intervals with active recovery periods to boost cardiovascular fitness, burn fat, and build lean muscle. Using Matrix equipment, Sprint 8 is efficient, science-based, and scalable for all fitness levels — helping participants improve performance and see real results fast.

TRX*

TRX, which stands for Total Resistance exercise, is a type of suspension training that uses body weight exercises and adjustable straps to develop strength, balance, flexibility, and core stability.

*Check in with the front desk to reserve your spot as there is a 12-participant limit.

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