



Group Exercise Winter Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15 am		Group Cycle <i>Ann</i>		Group Cycle <i>Ann</i>	
11:10-11:45 am		Pilates <i>Melissa</i>		Pilates <i>Melissa</i>	
12:10-12:55 pm	Group Cycle <i>Brad</i>		Group Cycle + Abs <i>Brad</i>		Group Cycle <i>Melissa</i>
12:10 – 12:50 pm		Totally Toned <i>Julie</i>		Totally Toned <i>NaDean</i>	
4:00 – 4:45 pm					
5:00-5:45 pm	Yoga <i>Tara</i>				
5:15-6:00 pm		Group Cycle <i>Josh</i>		Group Cycle <i>Josh</i>	
6:15-7:00 pm		Yoga <i>Tara</i>			

****If you have not taken a Group Cycle class before, please arrive 5 minutes prior to the start of class****

Class Description

Totally Toned- This class incorporates a variety of different elements, such as free weights, rubber tubing, exercise balls and step. Beginners and athletes alike will improve their muscular strength and endurance and have a blast doing it!

Group Cycle- For beginners and avid cyclists alike, Group Cycle is a great calorie-burning workout. The indoor cycling program emphasizes the basic foundations of cycling movements and breathing awareness while emulating fast flats and steep hills. Come ride with us!

Group Cycle + Abs- Same foundations and movements as a regular group cycle class with a 10 minute abdominal workout to finish it off.

Pilates- This 45 minute workout will elongate your muscles, creating a longer leaner body. It is an exercise program that focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine.

Yoga - This class will focus on the practice of physical postures or poses. Yoga is concerned more with mental and spiritual well being than physical activity. Stretching is certainly involved, but yoga is really about creating balance in the body through developing both strength and flexibility.

****Please be sure to sign up for a bike in the Group Cycle Class to reserve your spot! You may sign up no earlier than 48 hours in advance for a scheduled class. ****