

## GROUP FITNESS CLASS SCHEDULE/STUDIO B

TIME	CLASS TYPE	INSTRUCTOR
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### MONDAY

5:45-6:30am	Cycle (16+)	Tara
8:30-9:15am (3 <sup>rd</sup> gym)	KYB-T(kick your boot-ty!)	Elaine/Staff
9:30-10:30am	Yoga (12+)	Kitty
5:15-6:15pm	Yoga (12+)	Christine
6:30-8:00pm	<b>Tae Kwon Do (8+): Must register at front desk &amp; pay fee.</b>	

### TUESDAY

5:45-6:15am	Abs (12+)	Kasey
8:30-9:15am	Silver Spin/Beginner cycle (16+)	Debbie
9:30-10:30am	Cycle (16+)	Nicole
12:15-1:00pm	Yoga (12+)	Kitty
6:00-7:00pm	Cycle (16+)	Jeff P.

### WEDNESDAY

5:45-6:30AM	Cycle (16+)	Crissy
8:30-9:15am (3 <sup>rd</sup> gym)	KYB-T (kick your boot-ty!)	Elaine/Staff
9:30-10:30am	Yoga (12+)	Kitty
5:15-6:15pm	Yoga (12+)	Christine
6:30-7:30pm	Beginner Cycle (16+)	Jeff P.

### THURSDAY

5:45-6:15am	Abs (12+)	Kasey
8:30-9:15am	Silver Spin/Beginner cycle (16+)	Debbie
9:30-10:30am	Cycle (16+)	Linda O.
12:15-1:00pm	Yoga (12+)	Kitty
5:30-6:30pm	Cycle (16+)	Jeff
6:45-8:00pm	Vasudha (Earth)Yoga (12+)	Eugene

### FRIDAY

5:45-6:30am	Cycle Cardio Combo (16+)	Crissy
9:30-10:30am	Yoga (12+)	Kitty

### SATURDAY

8:00-8:50am	Cycle (16+)	Staff
9:00-10:00am	Yoga (12+)	Staff

### Group Fitness Class Descriptions for Studio B Classes

**Cycle:** Class includes climbs, jumps, sprints, high energy & fun! Abs and stretch at the end. **Cycle Cardio Combo:** Combines cycling with running drills, stairs, body weight exercises, all over conditioning. **Beginner Cycle:** Basic cycle class targeting those new to spinning.

**Silver Spin:** Cycle class for Seniors or for beginners. A low intensity cycle class for seniors or those new to indoor cycling. Learn proper mechanics and increase your cardiovascular endurance. Thirty minutes devoted to cycling and 15 for the core and stretching.

**Abs:** Chisel your middle and strengthen your back with this fun class that's all about your core. Learn more than just crunches.

**KYB-T(Kick your boot-ty!):** Boot camp style class for anyone who is ready to work hard! Cardio drills, strength training, plyometrics, everything imaginable to change your shape and your mind! Meets in 3<sup>rd</sup> gym or studio B.

**Vasudha (Earth)Yoga & Yoga:** Energize, relieve stress using Hatha Yoga postures that increase strength, flexibility & mental focus.

**Tae Kwon Do:** Korean art of self-defense. Improves strength, coordination, flexibility. **Must register & pay additional fee.**

**KEY:** Classes are designed for most ages. Those listed as 8+, is appropriate for age 8 & over; 12+ is more appropriate for those over age 12; 16+, for those over 16; and KF & FF is kid friendly and family friendly.