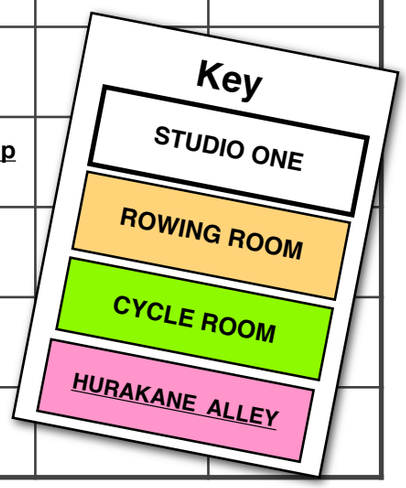


	Mon 9	Tue 10	Weds 11	Thur 12	Fri 13	Sa 14	Sun 15
8:15	Power Yoga Jenny	Yin Yoga Jenny	Pilates Jenny	Yin Yoga Jenny	Yin Yoga Emile	BodyCombat Kim	
9:15		Rowing Club		Rowing Club		8:45 Cycle Emile	
9:30		BodyPump Jenny	Circuit XP Jenny	BodyPump Jenny	9:20 Core & Sculpt Emile	Barbell Pump Emile	
10:00					Cycle Emile		10:15 BodyBalance Jenny
10:30	Silver Sneakers Classic Jenny		Silver Sneakers Yoga Stretch Jenny		Silver Sneakers Jenny		
5:30	BodyCombat Kim	Core & Sculpt Emile	BodyCombat Kim	Core &Sculpt Emile			
5:30	Cycle Emile		5:45 TRX Emile				
6:00					BodyPump Jenny		
6:30	TRX Emile		6:30 Sprint Mary	Cycle Emile			
6:45	6:30 BodyPump Jenny	BodyBalance Jenny	Yin Yoga Jim				
7:00		Cardio Strength Circuit		Cardio Strength Circuit			



HURAKANE ALLEY PARKOUR AND OCR SMALL GROUP TRAINING

	Mon 9	Tue 10	Weds 11	Thur 12	Fri 13	Sa 14	Sun 15
	6:30 Parkour Levels 1&2		6:30 Parkour Levels 1&2	5:45 Parkour Levels 1&2		8:00 Early Morning OCR Class	
		7:00 Cardio Strength Circuit		7:00 Cardio Strength Circuit		11:00 Parkour Levels 1&2	

Click Here for Hurakane Alley Class fees and more information. Sign up and pay at the desk or online here.

Class Descriptions

LesMills™ Classes

LesMills classes have great music and passionate instructors who provide exhilarating workouts that more and more club members are making part of their regular fitness routine. LesMills & Final Results Fitness... it's Fitness Magic!

barre™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. (B I A)

BodyAttack™ a high impact, high energy fitness cardio class with moves that get you fit for the sport of life. (I A)

BodyCombat™ is a fiercely energetic program is inspired by martial arts will allow you to strike, punch, kick and kata your way through calories to superior cardio fitness. (B I A)

BodyBalance™ is theYoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. (B I A Sr). Please bring your yoga mat.

BodyJam™ is the cardio workout where you are free to enjoy the sensation of dance. Each new class will be a different dance experience depending on what's current and hot. (B I A)

BodyPump™ is the original barbell class that strengthens your entire body. (B I A)

BodyStep™ will push fat burning into high gear with athletic Step training. Great for your butt & thighs! (B I A) Please bring your yoga mat.

tone™ If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE™ class and you'll tick off a complete workout in 45 minutes. (B I A)

Tone & Sculpt - a combination of bands, weights and body weight exercises focusing on toning and sculpting legs, arms and abs. 45 minutes BIA

Seniors

S**ilver Sneakers Classic**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair used for seated and/or standing support. (B Sr)

Silver Sneakers YogaStretch - YogaStretch will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. (B Sr)

Mind Body

Basic Yoga - This class uses introductory postures to teach alignment, awareness & Breath. Perfect for someone new to yoga. (B,I,A) Please bring your yoga mat.

Power Yoga - More advanced postures, room heated, class time 90 minutes (I A) Please bring your yoga mat.

YinYoga - A quiet, simple and slow paced style of yoga with postures held for longer periods of time to target our deepest tissues of the body, our connective tissues.(BIA SR.) Please bring your yoga mat. Blankets and blocks optional.

Pilates - Originated by Joseph H. Pilates, his emphasis on precise, concentrated movements by intelligent thought processes leads to lean, firm and sleek muscles, strong abdominals and back, core strength, improved flexibility and overall musculoskeletal balance. (BIA Sr) Please bring your yoga mat.

Cycling*

Sprint is a 30 Minute HIIT (high intensity interval training) cycle class. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.. (I A)

Cycle- Take your body and mind on the ride of your life! (BIA)

Rowing*

Rowing- The area's only group rowing studio! A 30 minute non-impact total body conditioning for everyone from the beginner to the advanced athlete (BIA Sr)