Barbell STRONG 6:00-6:55 | Studio A
POWER R/DE 6:00-6:55 | Studio R/DE
Total Body SHRED! 6:00-6:55 | Studio B
Circuit Training 6:15-7:00 | Circuit Studio
Pilates Reformer 7:00-7:55 | Reformer Studio

Ultimate Legs 7:30-8:25 | Studio B
Ultimate Arms 7:30-8:25 | Studio A

Mountain Conditioning 5:30-6:55 | Studio A
Barbell STRONG 6:00-6:55 | Studio A
POWER R/DE 6:00-6:55 | Studio R/DE

Circuit Training 6:15-7:00 | Circuit Studio
Pilates Reformer 7:00-7:55 | Reformer Studio

Cardio Core 6:30-7:25 | Studio A
PROstrike! 6:30-7:25 | Studio B
Vinyasa Flow Yoga 6:30-7:25 | Yoga Studio

Total Body SHRED! 7:30-8:25 | Studio B
Ultimate Legs 7:30-8:25 | Studio A

Ultimate Arms 7:30-8:30 | Studio A
Ultimate Legs 7:30-8:30 | Studio B

PROjam 10:00-11:40 | Studio B

TRX® Total Body 7:30-8:25 | Studio B
Circuit Training 8:45-9:40 | Yoga Studio
Pilates Mat Plus 7:45-8:40 | Studio A

POWER R/DE 8:00-8:55 | Studio R/DE
Circuit Training 8:00-8:55 | Studio R/DE
Pilates Reformer 8:00-8:45 | Reformer Studio

Cardio Core 6:30-7:25 | Studio A
PROstrike! 6:30-7:25 | Studio B
Vinyasa Flow Yoga 6:30-7:25 | Yoga Studio

Total Body SHRED! 7:30-8:25 | Studio B
Back to Yoga Basics 7:00-8:10 | Yoga Studio

Barbell STRONG 7:30-8:40 | Studio A
Barbell STRONG 7:30-8:40 | Studio B

Senior Tai Chi (11 & older) 9:30-10:25 | Yoga Studio
ZUMBA® fitness 10:45-11:55 | Studio A
NEW! and see results! (Apr. 9-June 14, no class 5/28) Increase cardiovascular endurance, fat loss, strength and lean muscle - $190-$200

**Total Body SHRED!**

Experience Latin-inspired dance moves and eclectic international music. Take your fitness to a new level of fun while melting the stress and pounds away. 

**ZUMBA® fitness PROjam**

Balance using your own body weight in this unique class.

**TRX® Form & Function**

Choreographed, intervall training with cardio kicks and skills training gives you the best of both in this high-energy class!

**HIYDRO**

Inspect your balance, flexibility, endurance, inner strength and focus with this 25-minute class focused on strengthening your abdominals and lower back.

**STRENGTH**

Inspection of both in this high-energy class!

**CARDIO**

Follow your heart-pumping cardio core intervals!