

# Fitness & Cycle Schedule

\* 45 min class

~ 55 min class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*6:10am Donna Tri-20	*6:10am Liz C-C Challenge	*6:10am Coleen SET	*6:10am Liz Yoga	*6:10am Leanne Power Cardio	
	*6:10am Stef Roadfit RIDE		*6:10am Shannon Cycle Energy	*6:10am Thom Krank It	
~7:00am Joanie Krank It		*7:00am Danielle MaxOut		*7:00am Danielle CC Intervals	*8:15am Danielle/Angela Core 'n More
	*8:15am Lana CC Intervals		*8:15am Deb Bootcamp Express		9:00-10:15am Joanie EnduRIDE
~9:15am Coleen/Brenda Step & Sculpt Interval	~9:15am Christine R.I.P.P.E.D.	~9:15am Kelly C-C Challenge	~9:15am Christine SET	~9:15am Coleen Step & Core	~9:15am Danielle/Angela R.I.P.P.E.D.
~9:15am Sheri Cycle Energy		~9:15am Joanie A Vicious Cycle		~9:15am Joanie Krank It	
~10:15am Krista Yoga Flow	10:15-11:30am Suzie Power Yoga	~10:15am Kathy Pilates	10:15-11:30am Le Yoga Flow	~10:15am Coleen Stretch & Flex	~10:30am Liz Yoga
*12:10pm Deb CC Intervals	*12:10pm Danielle From the Core Down	*12:10pm Angela Bootcamp Express	*12:10pm Deb From the Core Up	*12:10pm Suzie Zenergy	
*12:10pm Shannon Cycle Express		*12:10pm Kelly Krank It	12:15-12:45pm Vicki (5 weeks - Jan 19-Feb 16) Training Wheels	*12:10pm Shannon Cycle Express	
~4:30pm Danielle LatinBeat					
~5:30pm Leanne C-C Challenge	~5:30pm Kelly MaxOut	~5:30pm Krista/Liz Athletic Yoga			
~6:30pm Kelly Roadfit RIDE		~6:30pm Dave Roadfit RIDE	~6:00pm Kathy Pilates		<b>Sunday</b>
~7:00pm Stef SET	~7:00pm Liz CC Intervals	~7:00pm Rob R.I.P.P.E.D.	~7:00pm Donna MaxOut		~9:00am Krista Yoga
~8:00pm Coleen Stretch & Flex	~8:00pm Suzie Athletic Yoga	~8:00pm Tom Cycle Energy	~8:00pm Krista Restorative Yoga		~10:00am Deb/Brenda Core 'n More

Cardio & Strength	Indoor Cycle	Yoga/Pilates/Stretch
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Effective Monday, January 9, 2012

Class Name	Focus	Level	Class Name	Focus	Level
Bootcamp Express	Full body "blast" with cardio & strength bootcamp style.	All levels	Zenergy	Full body workout plus yoga poses for both strength & flexibility.	All levels
C-C Challenge	Cardio & Core fused to have you moving and sweating for endurance & function.	All levels	Athletic Yoga	Begin with a vigorous practice that moves into relaxation to build strength & flexibility	All levels
C.C. Intervals	A cardio workout interval style including core conditioning.	All levels	Pilates	A technique used to stretch, strengthen and balance the body.	All levels
Core 'n More	Core conditioning focusing on ab strength & total body conditioning	All levels	Restorative Yoga	Yoga poses that help us learn to relax/rest deeply & completely.	All levels
From the Core Up/Down	Core & functional upper or lower body conditioning	All Levels	Stretch & Flex	A complete head to toe stretch introducing a variety of equipment.	All levels
Latin Beat	Dance moves to raise the heart rate of the young & young at heart	All levels	Yoga (Power or Flow)	Mindfulness, breathing, flexibility, balance	All levels
MaxOut	4 muscle groups, 3 complex', 2 sets and 1 tough workout	All levels	Cycle Express	A variety of training formats in a condensed time frame	All levels
Power Cardio	Train for power with cardio & strength intervals.	All levels	Cycle Energy	A variety of training drills for all conditioning levels.	All levels
R.I.P.P.E.D.	Resistance, Intervals, Power, Plyo, Endurance, Determination. Non-stop including cardio, resistance & tabatas.	All levels	EnduRIDE	Ride long, ride hard and enjoy an indoor endurance workout	All levels
SET—Strength Endurance Training	Focus on strength with some endurance training. No cardio	All levels	Krankit	Indoor cycle for lower body; kranks for upper body - fused for a great cardio workout	All levels
Step & Sculpt/Core	Cardio & Strength/Core intervals "simply" on the step.	All levels	Roadfit RIDE	Cycling specific training with a visual RIDE component	All levels
Tri-20	3 classes in one - cardio/strength/core ironman style.	All levels	Vicious Cycle	High Intensity, performance based cycle	All levels