



2019 Group Exercise Schedule

Day	Time	Class	Instructor	Class	Instructor
Monday	6:00 AM	Bootcamp	Jason	<i>RIDE</i>	Heather
	7:05 AM (25min)	S.t.r.e.t.c.h.	Debbie		
	8:30 AM	Circuit Training	Debbie	<i>RIDE</i>	Kathy
Tuesday	7:30 AM (30min)	HIIT	Katie		
	8:00 AM (30min)	CORE Plus	Katie		
	8:30 AM (30min)	HIIT	Katie		
	9:00 AM (60min)	PhisiQ	Heather P		
Wednesday	6:00 AM	Bootcamp	Jason	<i>RIDE</i>	Heather H.
	7:30 AM	Yoga	Michael		
	8:30 AM	Circuit Training	Debbie	<i>RIDE</i>	Kathy
	3:00 PM	Tai Chi	Henry		
Thursday	7:30 AM (30min)	HIIT	Katie		
	8:00 AM (30min)	CORE Plus	Katie		
	8:30 AM (30min)	HIIT	Katie		
	9:00 AM (60min)	PhisiQ	Heather P		
Friday	6:00 AM	Bootcamp	Jason	<i>RIDE</i>	Debbie
	7:30 AM	Yoga	Kelli		
	8:30 AM	Circuit Training	Debbie		
Saturday	8:30 AM			<i>RIDE</i>	Heather H.
Bootcamp	A mixture of challenging bootcamp style exercises to shape & strengthen you. You may end up at the beach!! ENJOY!				
Circuit Training	Combination of cardio and strength using body weight and variety of fitness equipment				
<i>RIDE</i>	Indoor cycling at its finest! Cardiovascular endurance, power and fun. Bring water and a towel.				
HIIT	High Intensity Interval training builds heart strength and offers a superior caloric burn!				
CORE Plus	This class is all about the "core". Fire up your abs, back, and glutes to build a stable, stronger more connected core.				
S.t.r.e.t.c.h.	True fitness requires flexibility. Come experience the benefits of this 30 minute whole-body stretch class.				
PhisiQ	Specific muscle activation techniques to fine-tune strength and transform your body. A "mat" intensive class to rewire your muscular dynamics.				
Power Yoga	Power your way through the mental and physical benefits of YOGA.				
Tai Chi	The impact Tai Chi has on health can be thought of as a type of nourishment. Practice of Tai Chi will strengthen the muscles, organs and fibers down to the cellular level. Improve balance, coordination, strength and breath control.				