

Day	Time	Class	Instructor	Class	Instructor
<b>Monday</b>	6:00 AM	<b>Bootcamp</b>	Jason	<i>RIDE</i>	Debbie
	7:05 AM (25min)	<b>S.t.r.e.t.c.h.</b>	Debbie		
	8:30 AM	<b>Circuit Training</b>	Debbie		
	5:45 PM	<b>Bootcamp</b>	Katie		
<b>Tuesday</b>	7:30 AM (30min)	<b>HIIT</b>	Katie		
	8:00 AM (30min)	<b>CORE Plus</b>	Katie		
	8:30 AM (30min)	<b>HIIT</b>	Katie		
	9:00 AM (30min)	<b>Core•Pilates</b>	Heather P		
	9:30 AM (30min)	<b>Balance &amp; Stretch~Yogalates</b>	Heather P.		
	5:45 PM	<b>Bootcamp</b>	Jason		
<b>Wednesday</b>	6:00 AM	<b>Bootcamp</b>	Katie	<i>RIDE</i>	Heather H.
	7:00 AM	<b>Yoga</b>	Michael		
	8:30 AM	<b>Circuit Training</b>	Paul		
	3:00 PM	<b>Tai Chi</b>	Henry		
	5:45 PM	<b>Bootcamp</b>	Katie		
<b>Thursday</b>	7:30 AM (30min)	<b>HIIT</b>	Katie		
	8:00 AM (30min)	<b>CORE Plus</b>	Katie		
	8:30 AM (30min)	<b>HIIT</b>	Katie		
	9:00 AM (30min)	<b>Core•Pilates</b>	Heather P		
	9:30 AM (30min)	<b>Balance &amp; Stretch~Yogalates</b>	Heather P.		
<b>Friday</b>	6:00 AM	<b>Bootcamp</b>	Jason	<i>RIDE</i>	Emma
	7:00 AM	<b>Yoga</b>	Kelli		
	8:30 AM	<b>Circuit Training</b>	Debbie		

<b>Bootcamp</b>	A mixture of challenging bootcamp style exercises to shape & strengthen you. You may end up at the beach!! ENJOY!
<i>RIDE</i>	Indoor cycling at its finest! Cardiovascular endurance, power and fun. Bring water and a towel.
<b>HIIT</b>	High Intensity Interval training builds heart strength and offers a superior caloric burn!
<b>CORE Plus</b>	This class is all about the “core”. Fire up your abs, back, and glutes to build a stable, stronger more connected core.
<b>S.t.r.e.t.c.h.</b>	True fitness requires flexibility. Come experience the benefits of this 30 minute whole-body stretch class.
<b>Yogalates</b>	<i>Balance, Core and Stretch.</i> What else is there? Take advance of this full circle workout flow!
<i>Power Yoga</i>	Power your way through the mental and physical benefits of YOGA.
<b>Tai Chi</b>	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.