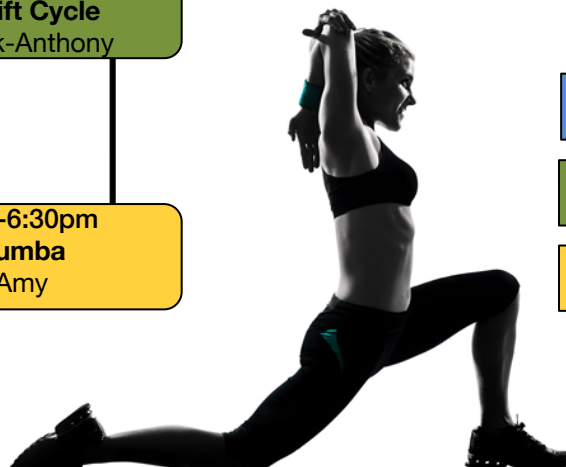


STUDIO X / CYCLE STUDIO

MON	TUES	WED	THURS	FRI	SAT	SUN
	5-6am Barre Boot Camp Jill		5-6am Barre Boot Camp Jill		8-8:30am Express Cycle Leslee	
	6-7am Body Fit Jill		6-7am Body Fit Jill		8:30-9:30am Ultimate Fit Keely	
8:30-9:30am Cardio Dance Molly	8:30-9:30am Cardio Sculpt Stacy	8:30-9:30am Cardio Dance Molly	8:30-9:30am Cardio Sculpt Stacy	8:30-9:45am HIIT Cycle Sandi	9:30-10:30am Cardio Dance Amy	
	9:30-10:30am Zumba Jill		9:30-10:30am Zumba Jill			
11-12pm Barre Boot Camp Jill	12-1pm Tai Chi 4 Beginners Tom	11-12pm Tai Chi Reza		11-12pm Tai Chi Reza		8:30-9:30am Total Step Rotation
12:15-1pm HIIT Cycle Sandi		12:15-1pm Cycle Express Sandi	1-2pm Zwift Cycle Mark-Anthony			
	4:30-5:30pm Cycle Chisel Corrie	4:30-5:30pm Barre Fit Sara				
5:30-6:30pm Pure Strength Keely	5:30-6:30pm Cardio Dance Barre Keely	5:30-6:30pm Ultimate Fit Sara	5:30-6:30pm Zumba Amy			
6:30-7:30pm DJ Cycle Leslee/DJ Rhino						

6.1.22

Strength/Cardio
Cycle
Dance/Cardio



STUDIO X CLASS DESCRIPTIONS

(Classes are Listed in Alphabetical Order)

Barre Boot Camp

Inspired by ballet, this high intensity barre class targets your arms, core, thighs, and booty to help you create a long, lean, dancer's body.

Barre Fit

This class utilized the barre, is well rounded, and targets all the muscle groups by utilizing small props such as, Gliding™, BenderBall™, tubing, handheld weights, a mat, and your own body as resistance. This non-impact workout focuses on core strength and alignment for the best results ever, giving you a healthy fit body.

Cardio Dance

Fun, high-energy cardio dance class for all levels of fitness.

Cardio Dance Barre

Fun, high-energy cardio dance class for all levels of fitness while utilizing the ballet barre.

Cardio Sculpt

Burn fat, build muscle, and endurance! Intervals, compound exercises, timed cardio segments plus resistance and core exercises. Add plyometric for maximum calorie burn!

Cycle Chisel

This cycling class combines high energy and high effort with performance-focused technology to deliver a powerful workout whether you're a first-time cyclist or a seasoned athlete.

Cycle Express

A class for all levels of a cyclist. Feel the burn and intensity of a High Sierra ride right here in our cycle studio. Whether you're a seasoned, hardcore rider, or a novice, you'll get your best workout by our expert instructors.

DJ Spin

Indoor cycling meets nightclub. A loud, intense, rhythmic spin class with DJ Rhino. Unlike any other class we have.

HIIT Cycle

Designed to give you a well-rounded workout. The big calorie burn of high intensity intervals combined with the high fat burn of cardio.

Pure Strength

Finally, a class dedicated to building strength! This class will incorporate barbells, and/or dumbbells into your weekly workout with a focus of 3-5 min per muscle group. Get an awesome and effective workout in this strength training class.

Tai Chi

An ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. For all levels of fitness.

Total Step

An all-step class followed by abs and stretch.

Ultimate Fit

High intensity, fat burning and body strengthening.
Walk in! Crawl out!

Yoga Flows

Links rhythmic breathing with natural alignment of flowing, sustained postures.

Zumba

All dance genres including Latin, reggaeton (hip hop), jazz, burlesque, and flamenco all together in one intensive, fun filled cardio hour. Torch calories while having a blast!

Zwift Cycle

The focus is to train with Power! Watts per kilogram or WPR.