

STUDIO X & CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5am		Barre Boot Camp Jill		Barre Boot Camp Jill		
6am		Mat Pilates Beth X FIT HIIT * (45m) Christine		Mat Pilates Beth		
8am						Cycle Express Keely (30m)
8:30am	CARDIO DANCE Molly	CARDIO SCULPT Stacy	CARDIO DANCE Molly	CARDIO SCULPT Keely	HIIT Cycle Sandi (45m)	Ultimate Fit Keely
9:30am	Yoga flows Molly	ZUMBA Jill	Mat Pilates Molly	ZUMBA Jill	Mindful flow Kat	CARDIO DANCE Amy
11am	Barre Boot Camp Jill		Tai Chi Reza		Tai Chi Reza	
12:15pm	HIIT Cycle Sandi (45m)		Cycle Express Sandi (45m)			
4:30pm		Cycle Chisel Corrie	Yoga Barre Sara			
5:30pm	Pure Strength Keely	Cardio Dance Barre Keely	Ultimate Fit Sara	Cardio Dance Barre Keely		
6:30pm	DJ Spin Keely/DJ Rhino	Power Yoga Sara	Slow, flow & stretch Morgan	12/1/21		

SUNDAY
Total Step- **8:30am**
Rotation

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.

Cardio Cycle

Get ready for an intense riding experience. Each ride will present a different set of drills, terrain, and intervals.

Cardio Dance

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

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.

Mat Pilates

This class dramatically improves overall strength, flexibility, balance, core strengthening, spinal elongation, coordination and posture. Props class uses balls, bands, rings, and the bosu ball.

Mindful Flow

In this class you will be encouraged to work within your body limitations, accepting yourself today with compassion and applying yourself within that framework.

Power Yoga

From Ashtanga Yoga, emphasizes stamina, strength, flexibility and balance through the flow of creative dynamic postures.

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.

Slow, Flow & Stretch

Unroll your mat for a thoughtful and mindful, full body slow flow class focusing on connecting mind and body. Whether you need a midweek recovery day or just want to relax your bones and breathe, this class stretches every muscle group while linking breath to movement at a slow, intuitive pass.

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!