### Monday
- **12:00 - 12:45pm**
  - Yoga Sculpt
  - Studio 1
- **4:30 - 5:15pm**
  - HIIT Fit & Core
  - Studio 1
- **5:30 - 6:30pm**
  - Yoga Flow
  - Studio 2

### Tuesday
- **6:30 - 7:15am**
  - Yoga Flow
  - Studio 2
- **12:00 - 12:45pm**
  - Cycle
  - Studio 2
- **12:00 - 12:45pm**
  - Barbell Strength
  - Studio 1
- **4:30 - 5:15pm**
  - Barbell Strength
  - Studio 1
- **4:30 - 5:30pm**
  - Cycle Core
  - Studio 2
- **5:30 - 6:15pm**
  - Barre
  - Studio 1

### Wednesday
- **6:30 - 7:15am**
  - PiYo
  - Studio 2
- **12:00 - 12:45pm**
  - Yoga Flow
  - Studio 2
- **12:00 - 12:45pm**
  - Cycle Core
  - Studio 2
- **4:30 - 5:30pm**
  - Barre
  - Studio 1
- **5:00 - 6:00pm**
  - Yoga Flow
  - Studio 2

### Thursday
- **6:30 - 7:15am**
  - Cycle
  - Studio 2
- **12:00 - 12:45pm**
  - Barbell Strength
  - Studio 1
- **4:30 - 5:30pm**
  - Barre
  - Studio 1

### Friday
- **12:00 - 12:45pm**
  - Barre
  - Studio 1

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**NO GROUP FITNESS CLASSES DECEMBER 24 - JANUARY 1**

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**Cycle**
Cycling simulates varied terrain tackling rolling hills, sprints, jumps, and other drills for a great interval workout. You control the resistance and pedal speed creating intensity for you.

**Zumba**
This workout, disguised as a dance party, will get you shimmying, shaking, and sweating the hour away to latin-inspired pop music. Join the party!

**HIIT Fit & Core**
High-intensity intervals to tap into your anaerobic zone to burn fat faster, followed by 15-minutes of exercises to strengthen the muscles of the core.

**Yoga Sculpt**
The perfect blend of vinyasa yoga flow, resistance training & light cardio to get the best of all training methods: change up your yoga practice & focus on strength.

**Barbell Strength**
A challenging, full-body strength training class for every level. Using light to moderate weights with high repetition, we’ll build lean muscle as we target all major muscle groups.

**Barre**
A fusion of strength training, Pilates, yoga, & ballet. Light resistance with high repetition and lots of pulses. A very low impact workout on the joints, but full of muscle burn!

**Yoga Flow**
A dynamic vinyasa style class, focusing on mobility, strength, and relaxation. Options will be offered for all yoga experience levels, first timer to seasoned yogi.

**PiYo**
Muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low impact workout.