

2019

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MAIN STUDIO

8:00am
SWEAT
Julian Diasa

8:30am
* AWESOME HOUR
Lem

8:00am
SWEAT
Julian Diasa

8:30am
* AWESOME HOUR
Lem

8:15am
ROCK SOLID

9:00 am
BOOTCAMP
Chris

9:00am
ZUMBA
Alain

9:30am
ZUMBA
Alain

9:00am
ZUMBA

9:30am
ZUMBA

9:30am
ZUMBA

10:00am
POWER PILATES
Gina Murray

10:00am
POWER PILATES
Gina Murray

10:00am
POWER PILATES
Gina Murray

11:00am
* BODY SHOP
Lem

4:30pm
POWER PILATES
Gina Murray

4:30pm
POWER PILATES
Gina Murray

6:00pm
* THE WORK OUT
Lem

5:30pm
* AWESOME HOUR
Lem

6:30pm
* BODY SHOP
Lem

5:30pm
* AWESOME HOUR
Lem

6:00pm
* THE WORK OUT
Lem

7:30pm
HIP HOP KIDZ

7:30pm
HIP HOP KIDZ

8:00am (30min)
AB SHREDDER 3.0

8:00am (30min)
AB SHREDDER 3.0

9:00am
CANDELA

8:30am
BOOTY BARRE

8:30am
BOOTY BARRE

6:00pm
SHRED-IT
Chris

9:30am
CARDIO KICKBOXING

6:00pm
SHRED-IT
Chris

9:30am
CARDIO KICKBOXING

7:00am
Brad Sonnett

6:00am
David Lopez

7:00am
Brad Sonnett

6:00am
David Lopez

7:00am
Brad Sonnett

8:15am
Brad

10:00am
Brad Sonnett

8:30am

8:30am
David Lopez

9:00am
Gina Murray

9:30am

9:00am

9:30am
Denise

9:00am
Gina Mur-

9:30am
David Lopez

6:00pm
David Lopez

6:15pm
Sacha

6:00pm
David Lopez

6:15pm
Sacha

Real Ryder

TRX

* Master Class: Additional fee required to participate
 - Moved to TRX \ BOOTCAMP area in the back
 Master Class that is free for members that joined before 8/20/2010



CANDELA: is a HIIT class with an open format that was designed to make you have fun while burning lots of calories through a series of intense and challenging exercise that will change the shape of your body.

BOOTCAMP: These classes are incredibly popular because they provide an amazing full body workout specially designed to TONE and BURN FAT. We incorporate cardio, muscular endurance, strength training, agility, balance & flexibility exercises to get results.

ZUMBA: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term benefits while experiencing an absolute blast .

AWESOME HOUR: A total body workout using weights, and a jump rope. Do all the basic exercises that work your upper, middle, and lower body, plus they are done in different combinations to keep the body stimulated and challenged. (Great music)
your body stimulated and challenged. (Great music)

POWER PILATES: A full body conditioning workout that builds flexibility and muscle strength. It puts an emphasis on spinal and pelvic alignment, breathing, and developing a strong core. This class moves at faster pace to improve endurance. Transform your body and lean out with this class.

CARDIO KICKBOXING: a combination of rhythmic fast pace beats, light weights, explosive punching and kicking movements, conditioning drills and the use of a healthy bag to bring the beast out of you. Challenge yourself like never before!

ROCK SOLID: Rock Solid will include segments of toning, stretch and flexibility exercises. Focus of this class is to work smarter and harder than you ever have.

SPINNING: Spinning burns serious calories and offers an awesome aerobic workout. You can finish a spin class, regardless of your fitness level, simply by adjusting your pace or the tension knob on the bike. If you are new to spinning, arrive five minutes early for your first class so your instructor can answer any questions and help you with bike adjustments. Make sure you let the instructor know about any injuries that you have so s/he can help you modify some of the moves. Also, visit our cardio area and try our Spinner with virtual instructors. Perfect for people with very busy schedules or beginners wanting to see what spinning is all about.

THE WORK OUT: This class is a series of core based exercises using a medicine ball (varying weights), and your body, that works your whole body. We have a fun time developing strength, coordination, balance, and flexibility. (Great music)

BODY SHOP: This is the class that got Lem started and it's loved by many. It is a choreographed (not a dance class, just constant movement) weight class, with great music, and done in a very controlled manner to minimize injury, and maximize the benefits that your whole body will receive.

SWEAT: Prepare to get in the best shape of your life. This class will make you stronger, faster and more vital than what you've ever been. By combining intense fat burning exercises, anaerobic & explosive movements in a safe and efficient manner you will build the body of your dreams. This is a class you don't want to miss!





OneWeekGuestPass

Seven (7) consecutive day access to gym and all group classes. Must be 18 years of age, a local resident with a valid driver's license or other government issued picture ID. Redeemable by non-members only. Master Classes not included.