

JANUARY GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a	YOGA 5:45a-6:30a Aerobics Room Sara/Cathy	Dirty 30 5:45a-6:15a Aerobics Room Camille Donaldson	YOGA 5:45a-6:30a Aerobics Room Sara/Cathy	Dirty 30 5:45a-6:15a Aerobics Room Camille Donaldson	YOGA 5:45a-6:30a Aerobics Room Sara/Cathy	YOGA 7:30a-8:30a Aerobics Room Sara/Cathy
7:30a/ 8:15a	Insanity 7:30a-8:15a Aerobics Room Allison Stults				TABATA BOOT CAMP 7:30-8:15a Aerobics Room Heather Williams	
8:30a	Ballet Burn 8:30a-9:15a Multi purpose room Meghan Medsker Muscle Madness 8:30a-9:15a Aerobics Room Meghan Costigan	Warrior Cross Train 8:30a-9:15a Gymnasium Megan Costigan Get Fit 8:45a-9:30a Aerobics Room Lisa Warner	Barre 8:30a-9:15a Aerobics Room Meghan Medsker	Warrior Cross Train 8:30a-9:15a Gymnasium Megan Costigan Get Fit 8:45a-9:30a Aerobics Room Lisa Warner	Step 8:30a-9:15 Aerobics room Meghan Medsker High Fitness 8:45a-9:30a BFIT ROOM Lisa Warner	Boxing Conditioning 8:15a-9:00a BFIT ROOM Power Cycle 8:30a-9:30a Cycling Room Robin Carlson
9:30a & 10:00a	Vinyasa Flow Yoga 9:30a-10:15a Aerobics Room Meghan	Fit To Fight Parkinson's 10:30a-12:00p Aerobics Room/Cathy Fit To Fight Cancer 10:00-11:00  Wellness/Jacob	Vinyasa Flow Yoga 9:30a-10:15a Aerobics room Meghan Cycling 9:30a-10:15a Cycling Room Judy	Fit To Fight Cancer 10:00-11:00a, Wellness Center Jacob Obert 	Vinyasa Flow Yoga 9:30a-10:15 AR Meghan Fit To Fight Parkinson's 10:30a-12:00p Aerobics Room Cathy Schluckebier	9:00a-9:45a Aerobics Room Lisa Warner 
12:15p	Muscle Madness 12:15p-1:00p Aerobics Room Beth Mackenzie	YOGA 12:15p-12:45p Aerobics Room Cathy Schluckebier SUSPENSION& ROW 12:15p-1:00p MULTI-PURPOSE ROOM Beth Mackenzie	PiYo 12:15p-1:00p Aerobics Room Beth Mackenzie	Insanity 12:15p-1:00p Aerobics Room Allison Stults	YOGA 12:15p-12:45p Aerobics Room Cathy Schluckebier Instructors Choice 12:15p-1:00p Meet in Lobby Jacob Obert	
5:00p	Muscle Tone 5:00p-5:30p Aerobics Room Jen Oitker	Women's Boxing 5:00p-6:00p BFit Riley Giesing		Women's Boxing 5:00p-6:00p BFit Riley Giesing	 <p>Join our 12-Week Weight Loss Challenge and jumpstart your New Year with a commitment to a healthier you. Benefit from bi-monthly weigh-ins that help keep you on track and accountable. Enjoy exclusive access to a strength training plan and cardio regimen carefully built by our certified personal trainers to keep your workouts exciting and effective</p> 	
5:15p		PiYo 5:15p-6:00p Aerobics Room Brenna Zanger				
5:30p	Cardio Circuits 5:30p-6:00p Aerobics Room Jen Oitker	YOGA 5:30p-6:15p MULTI-PURPOSE ROOM Cathy Schluckebier Power Cycling 5:30p-6:30p Cycling Room Robin Carlson	 5:30p-6:15p Aerobics Room Lisa Warner	YOGA 5:30p-6:15p MULTI-PURPOSE ROOM Kelle Bunch Power Cycling 5:30p-6:30p Cycling Room Robin Carlson		
6:00P 7:30p	 6:45p-7:30 Aerobics Room Lisa Warner	Boxing 6:00PM-7:00PM BFIT Room Riley Giesing		Boxing 6:00PM-7:00PM BFIT Room Riley Giesing		

ALL classes are FREE to members.

Insanity is BACK!

Step is now on Friday mornings!

Nursery Hours

Monday-Friday 8:30 am-11am

Monday - thursday 5pm-8pm

Saturday 8:30 am-11 am



REGISTRATION IS NECESSARY FOR ALL FIT TO FIGHT AND HIGH FITNESS CLASSES

CLASS DESCRIPTIONS

Ballet Burn/Barre – A revolution that blends the best of ballet, strength, yoga and Pilates. Barre is a total body workout designed around the ballet bar that lifts your seat, tones your thighs, abs and arms. Ballet Burn does not use a bar. No dance experience necessary.

Boxing Conditioning – This class combines the fundamentals of boxing along with cardio work which is essential for a boxing program. Participants will learn proper punches and footwork, utilizing the heavy bag, speed bag and double end bag.

Circuits – A high intensity, electrifying workout combining resistance training and aerobics. This class employs various circuits to not only keep participants interested, but also to provide a total body workout.

Cycling – A cycling class for all levels with the ability to tailor the workout to meet your needs and your experience level.

Dirty Thirty – Your early morning wake-up call! It is never the same class twice, but always offers a full-body workout and variations to guarantee everyone gets a workout 30 or 50 sec full-on rounds and 10 sec of rest hitting muscles, cardio or combination of both.

Fit to Fight: Two separate classes designed for those battling cancer or living with Parkinson's. Registration is required and is free for members.

Get Fit – Ideal for someone just starting an exercise program. Low impact exercises and muscle conditioning.

High Fitness- Old school aerobics is back with a new exciting and intense twist. Come workout to amazing music and be ready to sweat and PARTY. Registration is necessary.

Insanity – **Blast calories in this 45 minute HIIT class that incorporates strength, cardio and core work set to motivating music.**

Instructors Choice- Type varies each week. Be prepared for ANYTHING. Class meets in the lobby.

Muscle Tone – Muscular strength and endurance exercises for total body conditioning, great for all levels. Hand weights, body bars, bands, and balls are used for this workout.

PiYo – Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Power Cycling – This class is a full 60 minutes of indoor cycling focused on power and strength on the bike.

Suspension and Row Fusion – Want an intense workout? This class will utilize suspension trainers, rowers and other equipment. It will fire up your core and give you an incredible fat and calorie burning workout.

Tabata – 20 seconds of work, 10 seconds of rest for 8 rounds, class will incorporate bodyweight strength and cardio moves as well as resistance training moves. Class is a high intensity workout and designed for any ability level.

Vinyasa Flow Yoga – This is an intermediate level class. Building strength, flexibility and balance by flowing breath and movement together. Focusing on skills to advance your practice! Taught by Emely Rose.

Warrior Cross Train – Find your inner warrior in this intense boot camp style class is designed to get your heart rate up, increase strength and endurance. Be ready to run and sweat. Class is held outside when weather permits.

Yoga – All classes are variations of Ashtanga Yoga classes that differ per instructor.