

Tates Creek



Monday	9:15 AM	RIPD 360		Thursday	5:30 AM	PiYo
	10:00 AM	Cycle/Row Xpress			9:15 AM	S.H.R.E.D.
	11:30 AM	Silver Sneakers			11:30 AM	Silver Sneakers
	6:00 PM	Dance Fit			5:45 PM	Legs Core and More!
	6:00 PM	TRX			6:30 PM	Cycle 45
Tuesday	5:30 AM	S.H.R.E.D.		Friday	9:15 AM	Tabata
	9:15 AM	Countdown		Saturday	8:30 AM	Cycle 45
	10:00 AM	Mat Pilates 45			9:15 AM	RIPD 360
	11:30 AM	Silver Sneakers			10:00 AM	TRX
	5:45 PM	Stretch Xpress			10:30 AM	Barre 360
	6:00 PM	S.H.R.E.D.		Sunday	3:30 PM	Tabata
	6:30 PM	Cycle 45				
Wednesday	5:30 AM	TRX				
	9:15 AM	RIPD 360				
	10:15 AM	Core Yoga				
	11:30 AM	Silver Sneakers Strength				
	5:45 PM	Pumped Up Strength				

West Main



Monday	12:00 PM	Mat Pilates 60		Thursday	12:00 PM	Mat Pilates 60
	12:00 PM	S.H.R.E.D.			12:00 PM	Proof Boxing
	5:30 PM	Hot Pilates Mix			5:30 PM	S.H.R.E.D.
Tuesday	12:00 PM	Core Yoga		Friday	12:00 PM	Yoga Recovery
	5:30 PM	Pilates -Barre Circuit		Saturday	9:30 AM	Tabata +
	6:00 PM	Proof Boxing				
Wednesday	5:45 AM	Cycle 45				
	12:00 PM	Barre 360				
	5:30 PM	Hot Pilates Mix				
	5:30 PM	Tabata				

Class Descriptions:

Barre Above	A totally unique approach to barre workouts as you've seen them. Fusing the best of Pilates, yoga, aerobics and elements of strengthening exercises used by dancers. Over time, you can expect to see improvements in your posture, flexibility, balance and overall body strength and awareness.
Barre 360	Ballet inspired. Posture improving. High repetitions of body weight exercises consisting of mainly lower body but also focusing on core throughout and an upper body segment. All fitness levels welcome
Core Yoga	This class focuses on strength, mobility and flexibility. A brisk pace will help you feel energized and a brief meditation at the beginning and end of every practice will help you feel centered. All levels welcome, modifications offered.
Countdown	It's as easy as 4, 3, 2,... all in 45 mins! This class takes you back to basics with 4 mins of cardio, 3 mins of lower body work and 2 mins of upper body strengthening. Time flies and overall fitness increases in this true interval class, followed by core work.
Cycle 45	You are on a stationary bike that will take you on a journey through flat roads, hill climbs, sprints, etc. Incredible music and a fun challenging atmosphere. All fitness levels.
Cycle/Row Xpress	A quick 30 minute calorie torching, cardio based, low impact workout alternating between cycling on a stationary bike and rowing on a water rower. All fitness levels welcome. If it is your first time, please arrive a few minutes early to get properly set up on both the bike and rower.
Dance Fit	This 45 min class alternates between dance and strength training. It is fun, easy to learn, effective, and the perfect full body workout! All fitness levels welcome.
Mat Pilates 60	A system of controlled exercises that engage the mind, core and conditions the total body. Modifications will be demonstrated.
Legs Core and More!	Strength training and conditioning with a focus on the lower body consisting of quads, hamstrings, glutes, abdominals etc.
Hot Pilates Mix	A challenging class that consists of basic Pilates principles, strength conditioning and cardio to give you an action-packed, quick-paced workout all in a heated room. Water bottle and towel are a must!
Pumped Up Strength	A muscular endurance program that focuses on functional movement patterns. This class will dynamically challenge all muscle groups in a fast-moving progressive approach.
Pilates-Barre Circuit	Class consists of a blend of classic mat pilates and classic barre exercises to strengthen and sculpt lean muscles with a focus on the core. Suitable for all fitness levels.
PIYO	Yoga rebels wanted! If you want to get strong but don't want to sit still, this rhythmic, dynamic, total-body workout is for you! With a constant flow of moves set to upbeat and empowering music, you'll burn some serious calories while you build stability, strength and flexibility.
RIPD 360	Muscle work. Strengthening, conditioning, sculpting and defining. Keep your muscles always guessing in this total body workout. Every class has a different spin!
Proof Boxing	A 45 minute high intensity workout based on the training used for boxing. Classic boxing drills including footwork and core exercises. Gloves and hand wraps are used.
Silver Sneakers	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and cardio vascular endurance. A variety of equipment will be used including a chair.
S.H.R.E.D.	Strength, HIIT, Resistance, Energy, Determination – A true circuit training class combining the best of cardiovascular and strength training along with plyometrics and power to give you an action packed, results oriented workout. All fitness levels welcome. Modifications will be demonstrated.
Stretch Xpress	Just a very easy, basic stretching class. No experience necessary. Using a mat and a focus on breathing. It will increase your range of motion over time and give you a sense of tranquility.
Tabata	A challenging cross training class using seven 4 min blocks that alternate 20 seconds of work and 10 seconds recovery. High intensity intervals of cardio and strength training.
TRX	Invented by a Navy SEAL, TRX suspension training leverages gravity and body weight for a total body workout that helps develop strength, balance, flexibility and core stability simultaneously.

