



Monday

Total Conditioning
8:15 AM—9:00 AM
Cara Phillips

Strength Thru Motion
9:30 AM—10:15 AM
Kristen Kronauge

Power Yoga
6:00 PM—7:00 PM
Nicole Levin

Tuesday

Muscle Mix
5:45 AM—6:30 AM
Flo Murphy

Pilates Fusion
8:00 AM—8:45 AM
Kristen Kronauge

Butts & Guts
9:00 AM—9:45 AM
Colleen Rahl

Vinyasa Flow
10:00 AM—11:00 AM
Robin Speas

Wednesday

CRT
8:00 AM—9:00 AM
Kristen Kronauge

Strength Thru Motion
9:30 AM—10:15 AM
Kristen Kronauge

Vinyassa Flow
6:00 PM—7:00 PM
Robin Speas

Thursday

Muscle Mix
5:45 AM—6:30 AM
Flo Murphy

Total Conditioning
8:15 AM—9:00 AM
Colleen Rahl

Power Yoga
9:15 AM—10:15 AM
Dena Mathes

Friday

Boot Camp
8:00 AM—9:00 AM
Kristen Kronauge

Cardio Blast
9:00 AM—9:45 AM
Colleen Rahl

Saturday

CRT
8:00 AM—8:45 AM
Kristen Kronauge

Power Yoga
9:15 AM—10:15 AM
Dena Mathes

Sunday

Power Yoga
10:00 AM—11:00 AM
Nicole Levin

**2023
Fall Fitness
Schedule**

Upper Body / Core

This strength building and muscle toning class features a series of familiar fitness-floor exercises and training methods in a pulse-pounding, chest-thumping format

Pilates Fusion

Incorporates exercise from different workout styles, including barre, yoga, strength training, and cardio. This style has a deep focus on the core and emphasizes moves that will tone, strength and elongate muscles.

Barbell

Weight training that targets each muscle group timed to music. This class will help you get lean and build muscle strength.

Butts & Guts

A class dedicated to toning your abs and glutes with targeted movements of cardio. This class will focus on core strengthening to build muscles, in addition, it will also target your quads and hamstrings.

Cardio Resistance Training—CRT

A mix of cardio and strength work using a variety of equipment for a total body workout.

Barre Core

A short yet challenging workout that will target your core and upper body. Core strength will help with balance, posture and overall strength. This class will help you also improve your flexibility.

Muscle Mix

A class that shapes, tones, and strengthens your entire body. A fast-paced class that focuses on each body part timed to music.

Power Yoga

A traditional yoga class with a twist. Featured moves will increase flexibility strengthen muscle endurance and balance through specific poses and patterned breathing poses with shorter hold times and more Vinyasa flow movements.

Total Conditioning

A mix of core and upper and lower body exercises designed to build muscle strength. A variety of equipment will be used along with body weight resistance.

Vinyasa Flow

This class will be a flowing style which links breath and movement through a series of postures, balance, strength and flexibility. It also helps to cultivate mindfulness through a continuous flow.

Cardio Blast

A Class Focused on Cardio, Toning & Core, with Low Impact Modifications