



Group Exercise Schedule

Class policies & Info:

- * Please silence cell phones during class.
- * Shhh... - Talking in class makes it hard both to hear & to lead. Please help our instructors & reduce distractions by keeping conversations outside.
- * Please be respectful of others & avoid wearing perfume in the studios & gym.

Schedule Guide:

Class Time	Class Format	Location
Duration	Instructor	

- class is an intermediate/advanced level.

* NEW class formats are printed in **RED**.

* Class Locations (noted right of instructor):
 - Aerobics Room - TRX
 - Studio 3 - Front Desk

* Classes with new days or times are indicated in **BLUE**.

- class recommended for senior adults or those newer to exercise & looking for a gentle start.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY/SATURDAY		
6:10 am 45 min	Core & Conditioning Veronica	Aerobics	6:00 am 30 min	Great Legs... <i>Barre</i> None! Veronica	Aerobics	6:15 am 45 min	Kick & Core Joy	Aerobics	6:00 am 30 min	Sculpt at the <i>Barre</i> Veronica	Aerobics	6:10 am 45 min	TRX Tabata & Core Bill	TRX
			6:00 am 50 min	Power Cycle Ron	Cycling				6:00 am 50 min	Power Cycle Ron	Cycling	6:55 am 40 min	Foam Roller Flexibility Susy	Aerobics
			7:00 am 45 min	Cardio Sculpt Conditioning Kay Kay	Aerobics									
			7:30 am 30 min	X-It Xpress Joy/Lindsay	Studio				7:30 am 30 min	TRX Xpress Lindsay	TRX			
8:00 am 45 min	TR-X-it! Lindsay/Veronica	TRX	8:00 am 30 min	Joyride! Joy	Cycle	8:00am 30 min	X-IT Xpress GeAnna	Aerobics	8:00 am 25min xpress	Great Legs... <i>Barre</i> None! Kristy/Veronica	Aerobics	8:00 am 40 min	Battle Stations! Lindsay/Jamie	Front Desk
8:30 am 8:55 am	Muscle Sculpt - Upper Body/ Great Legs... <i>Barre</i> None!		8:30 am 30 min	Pilates Core & Flex Kay Kay	Studio	8:30 am 25 min	Core Training GeAnna	Aerobics	8:30 am 35 min *	H.I.I.T. Cycle Kristy	Cycling		<i>Introducing – Mix & Match Yoga workouts! Come to one or combine for a 1-hour Flow!</i>	
25 min each -	both classes with Kristy in the Studio		8:30 am 30 min	KickBox Xpress! Joy	Aerobics							8:30 am	Athletic FLOW	
9:20 am 45 min	TRX Intervals & Core Lindsay & Veronica	TRX	9:20 am 40 min *	H.I.I.T Cycle Kristy	Cycling	9:30 am 55min *	Boxing, Barbells & Barre Kristy	Aerobics				9:00 am	Friday FLOW	30 min each - both w/Gina-Marie in the Studio
9:30 am 45 min	Faithful Flow Susy	Studio	* <i>Optional brief upper-body sculpt following 9:20 class.</i>			* <i>Optional extended stretching following 9:30 class.</i>						9:30 am 60 min	Cycle, Sculpt & Stretch Susy	Cycling
10:00 am 50 min	Muscles & Conditioning Veronica	Aerobics	10:00 am 60 min	Meet Me at the Gym! GeAnna/Jamie	Front Desk				10:00 am 60 min	Meet Me at the Gym! GeAnna/Jamie	Front Desk	10:00 am 40 min	Muscle Sculpting Veronica	Aerobics
11:00 am 30 min	Aerobics 101 Susy	Aerobics				11:00 am 45 min	Aerobics 101 Kay Kay	Aerobics	11:00 am 45 min	Aerobics 101 GeAnna	Aerobics			
11:30 am 30 min	Balance, Stretch, Flow Susy	Aerobics												
			12:15 pm 45 min	Strength & Sculpt GeAnna	Aerobics	12:15 pm 45 min	FLOW Susy	Studio	12:00 pm 45 min	Cardio & Hip-Hop Dance! Susy, Kristy	Studio			
									12:15 pm 45 min	Strength & Sculpt GeAnna	Aerobics			
4:15 pm 45 min	Total Body TRX Lindsay	TRX	4:15 pm 45 min	Cross Training Leah	Aerobics	4:15 pm 45 min	FLOW Susy	Studio						
5:15 pm 40 min	H.I.I.T. Cycle Ron/Kristy	Cycling	5:20 pm 40 min	Strength & Sculpt Susy	Aerobics	5:30 pm 45 min	Cross Training Veronica	Aerobics	5:30 pm 45 min	Muscle Sculpt & Conditioning Kristi	Aerobics			
6:05 pm 40 min	Circuit Training Bill	Aerobics	6:05 pm 45 min	TRX Tabata Training Bill	TRX									

SATURDAYS:

9:15-10:00 –
Saturday Summer H.I.I.T.
 45 min Leigh/Bill & Raul Aerobics

10:00-10:45am – **Pilates**
 45 min Leigh Aerobics

The weekend workouts are fresh, challenging, & inspiring!

SECOND STAR FIT **Something to Know...** Our classes are “stackable”! The schedule is designed so that you can do a single class or mix-&-match classes to put together your perfect workout. Classes before & after are often complementary (i.e. - a cardio class & then a strength or stretching class), so you can create your own great workout in the time you have.