



# BLAIRWOOD GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 6:00-7:00am Steve	<b>CYCLING</b> 6:00-7:00am Pat	<b>TRX PERFORMANCE</b> 6:00-6:45am Steve <b>A</b>	<b>CYCLING</b> 6:00-7:00am Pat	<b>CYCLING</b> 6:00-7:00am Steve	<b>NEW TIME</b> <b>CYCLING</b> 8:30-9:45am Steve	
<b>AQUA AEROBICS</b> 7:00-8:00am Pat	<b>RED ZONE</b> 6:00-6:45am Erin <b>B</b>	<b>AQUA AEROBICS</b> 7:00-8:00am Pat	<b>RED ZONE</b> 6:00-6:45am Erin <b>B</b>	<b>AQUA AEROBICS</b> 7:00-8:00am Pat	<b>NEW</b> <b>RED ZONE</b> 9:00-9:45am Rebecca <b>B</b>	
<b>LEAN RX</b> 8:30-9:15am Christin <b>A</b>	<b>STRETCH &amp; ABS</b> 8:30-9:15am Pat <b>C</b>	<b>CORE</b> 8:30-9:15am Rebecca <b>A</b>	<b>LEAN RX</b> 8:30-9:15am Christin <b>A</b>	<b>STRETCH &amp; ABS</b> 8:30-9:15am Pat <b>C</b>	<b>YOGA</b> 9:30am-10:15pm Elise <b>C</b>	
<b>KETTLEBLAST</b> 9:30-10:15am Christin <b>A</b>	<b>RED ZONE</b> 8:30-9:15am Christin <b>B</b>	<b>4 CROSS TRX</b> 9:30-10:15am Rebecca & Christin <b>A</b>	<b>RED ZONE</b> 9:30-10:15am Erin <b>B</b>	<b>BODY BLAST</b> 8:35-9:20am Rebecca <b>A</b>	<b>NEW TIME</b> <b>TRX PERFORMANCE</b> 10:00-10:45am Steve <b>A</b>	
<b>YOGA VINYASA</b> 10:30-11:30am Rebecca <b>A</b>	<b>TRIO</b> 9:30-10:15am Laurie <b>A</b>	<b>YOGA VINYASA</b> 10:30-11:30am Rebecca <b>A</b>	<b>BUILD &amp; BURN</b> 10:30-11:15am Nirvana <b>A</b>	<b>KETTLEBELLS</b> 9:30-10:15am Christin <b>A</b>	<b>NEW TIME</b> <b>STRONG</b> 11:00-11:45am Nirvana <b>A</b>	
<b>NEW TIME</b> <b>BOOTY BARRE</b> 10:30-11:30am Stacey <b>C</b>	<b>CYCLING</b> 10:30-11:15am Rebecca	<b>PM</b> <b>YOGA</b> 5:30-6:30pm Carrie <b>C</b>	<b>PM</b> <b>CYCLING</b> 5:30-6:15pm Deb	<b>BOOTY BARRE</b> 10:30am-11:15am Stacey <b>A</b>	<b>BOOTY BARRE</b> 10:30-11:30am Stacey/Linda <b>C</b>	
<b>BARRE</b> 5:30-6:15pm Amanda <b>C</b>	<b>BUILD &amp; BURN</b> 10:30-11:15am Nirvana <b>A</b>	<b>CYCLING</b> 5:30-6:30pm Steve	<b>KETTLE RX</b> 6:15-7:00pm Laurie <b>A</b>	<b>FRIDAY FLOW</b> 10:30-11:15am Elizabeth <b>C</b>		
<b>YOGA</b> 6:30-7:30pm Carrie <b>C</b>	<b>MUSCLE MAX</b> 5:30-6:10pm Danielle <b>A</b>	<b>RED ZONE</b> 6:00-6:45pm Erin <b>B</b>	<b>NEW TIME</b> <b>BOOTY BARRE</b> 5:45-6:30pm Stacey <b>C</b>			
<b>CYCLING</b> 5:30-6:30pm Steve	<b>ATHLETIC CONDITIONING</b> 6:15-7:00pm Diane <b>A</b>	<b>BUILD &amp; BURN</b> 6:30-7:15pm Nirvana <b>A</b>				
<b>KETTLE RX</b> 6:30-7:15pm Laurie <b>A</b>	<b>POWER YOGA</b> 6:00-7:00pm Courtney <b>C</b>					
	<b>CYCLING</b> 6:00-7:00pm Angela					

**CHILDCARE HOURS**  
**BLAIRWOOD**  
 Mon-Thu: 8:30am-2:00pm  
 and 4:00pm-8:00pm,  
 Fri-Sat: 8:30am-2:00pm  
 Sun: Closed

**LTC**  
 Mon-Fri: 9:00am-2:00pm  
 Sat-Sun: Closed

**GROUP X STUDIOS**  
**BLAIRWOOD**

A - large studio  
 B - medium studio  
 C - upstairs studio

All cycling classes are held in the Cycle Studio.  
 Aqua Aerobics classes are held at the Indoor Pool.

# LTC GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CYCLING</b> 9:15-10:15am Angela	<b>CYCLING</b> 6:00-7:00am Bridget	<b>CYCLING</b> 9:15-10:15am Angela	<b>CYCLING</b> 6:00-7:00am Bridget	<b>CYCLING</b> 9:15-10:15am Angela	<b>CYCLING</b> 8:00-9:00am Angela
<b>PM</b> <b>CYCLING</b> 5:30pm-6:15pm Angela	<b>YOGA</b> 9:00-10:00am Rebecca		<b>YOGA</b> 9:00-10:00am Rebecca		<b>STRENGTH</b> 9:15-10:00am Angela
<b>STRENGTH</b> 6:30pm-7:15pm Angela	<b>KETTLEBELLS</b> 10:15-11:00am Elizabeth		<b>CYCLING</b> 9:15-10:15am Angela		<b>YOGA</b> 10:15-11:15am Rebecca

# CLASS DESCRIPTIONS

## 4 CROSS TRX

A circuit class with a different strength exercise in each corner of the room (i.e. cardio, kettlebells, jump rope, barbells, etc.) for 2 minutes, followed by intervals of TRX in between corners. The challenge continues as you work your way around the room. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

## ATHLETIC CONDITIONING

Improve your performance and fitness for any physical challenge or activity with this challenging class that alternates strength and cardio intervals using weights and body weight. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

## AQUA AEROBICS

Low-impact water workout designed to improve flexibility, range of motion, muscle conditioning, and endurance. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

## BARRE/BOOTY BARRE NEW TIME

Energetic class that combines strength and flexibility training with added cardiovascular benefits through dance, Pilates, and Yoga. This class will raise your heart rate while toning and defining your whole body. ALL FITNESS LEVELS.

## BODY BLAST

An intense fat-burning circuit class combining cardio and strength-training moves to increase your heart rate and boost your metabolism. ALL FITNESS LEVELS.

## BUILD & BURN

This whole-body heavy lifting class uses heavy weights to focus on large muscle groups to increase muscle mass across your entire body. The class moves quickly and meets just twice a week so you can maximize your workout and minimize burnout caused by overtraining. ALL FITNESS LEVELS.

## CARIO COMBAT

High-energy, non-contact, aerobic workout that utilizes a combination of intense kickboxing moves, as well as basic body conditioning exercises. It's the ultimate cardio challenge in an environment that will motivate you and mold you into a warrior! ALL FITNESS LEVELS.

## CORE

Designed for those who want to build a stable abdomen and strong lower back to improve overall fitness, posture, and basic health. improvement of everyday life activities. ALL FITNESS LEVELS.

## CYCLING NEW TIME

An upbeat and energetic cycling workout that burns calories and improves cardiovascular fitness. ALL FITNESS LEVELS.

## FRIDAY FLOW

A lively vinyasa flow yoga class that integrates breath and movement with a more energetic musical playlist that will enliven you and get you ready for the weekend! ALL FITNESS LEVELS.

## KETTLEBELLS

High energy, fat-burning, total body workout that combines cardio + core + resistance training to sculpt and tone your entire body, with special emphasis on your core and abs muscles. INTERMEDIATE TO ADVANCED FITNESS LEVELS.

## KETTLE RX

A high energy, fat-burning, cardio-driven class that will tone and sculpt your entire body while building endurance through cardiovascular exercises. Your prescription for increasing strength and cardio endurance! INTERMEDIATE TO ADVANCED FITNESS LEVELS.

## LEAN RX

This class is designed to provide training centered on building lean muscle mass while developing cardio endurance and strength. Perform a series of intervals using weights, bands, balls and body weight to create a full-body calorie burn that lasts for hours after the class. No two classes are the same. ALL FITNESS LEVELS.

## MUSCLE MAX

A strength training class that maximizes strength and defines muscles. Large muscle groups are used so you'll also get a cardio boost! ALL FITNESS LEVELS.

## POWER YOGA

A calorie-scorching workout that infuses power yoga with cardio for body sculpting results! ALL FITNESS LEVELS.

## RED ZONE NEW CLASS ADDED

This fast-paced class is packed with intense drills that will take you into the "red zone" where you improve speed, strength, and endurance. ALL FITNESS LEVELS.

## STRENGTH

A strength-training class using weights and your own body weight to maximize your strength and define your muscles. ALL FITNESS LEVELS.

## STRETCH & ABS

Combines stretch and abs for a long, lean body and strong core. Complements aerobic workouts such as cycling. ALL FITNESS LEVELS.

## STRONG NEW TIME

This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe five more. ALL FITNESS LEVELS.

## TABATA BARRE

Push yourself and elevate your heartrate with this fast-paced workout that uses the barre and involve speed drills and intense intervals! If you're looking for a more advanced barre class, this is for you! MEDIUM-HIGH FITNESS LEVELS.

## TRIO

Interval training that combines multiple body activities so you work 3 key components - cardio, strength, and core - with every exercise. Each cycle includes 2 minute intervals followed by short periods of rest. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

## TRX PERFORMANCE NEW TIME

Non-stop TRX class that uses gravity and body weight to develop strength, flexibility, and core stability simultaneously. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

## YOGA/YOGA VINYASA

A system of flowing, breath-synchronized movements designed to improve overall physical and mental wellness. ALL FITNESS LEVELS.