



BLAIRWOOD GROUP EXERCISE SCHEDULE

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

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.

LTC GROUP EXERCISE SCHEDULE

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

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.

CORE CIRCUIT

A combination of core-strengthening exercises and weight circuit exercises to improve core stability and build an overall stronger body. less prone to injury. ALL FITNESS LEVELS.

CYCLING

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.

RED ZONE **NEW TIME**

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

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

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.