



GROUP CLASS FITNESS SCHEDULE

DOWNTOWN LOCATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM				Strength & Stretch Sarah 6:30 AM - 7:30 AM			
8AM					BODY STEP Monica 8:00 AM - 8:45 AM		
9AM	Muscle Sculpt Stephanie 9:00 AM - 10:00 AM	Low Impact & Toning Nancy 9:00 AM - 10:00 AM	Pilates Sheila/Liz 9:00 AM - 10:00 AM	Low Impact & Toning Nancy 9:00 AM - 10:00 AM	Muscle Sculpt Monica 9:00 AM - 10:00 AM	Cycling Paul 8:30 AM - 9:30 AM	
10AM							Boot Camp Mark 10:00 AM - 11:00 AM
11AM	Integral Yoga Nick 10:30 AM - 11:45 AM		ZUMBA Cheryl 10:15 AM - 11:00 AM		Integral Yoga Nick 10:30 AM - 11:45 AM	BODYPUMP Priscilla 10:30 AM - 11:30 AM	
12PM			Kripalu Yoga Jyoti 12:00 PM - 1:15 PM				
1PM							
2PM							
5PM							
6PM	Mixed Level Flow Zoe 5:30 PM - 6:30 PM	ZUMBA Cynthia 5:30 PM - 6:15 PM		Zumba Stephanie 5:30 PM - 6:30 PM	Boot Camp Mark 5:30 PM - 6:30 PM		
7PM			BODYPUMP Nicole 6:00 PM - 7:00 PM				

JAN.

Don't forget a yoga mat, due to sanitation concerns we are no longer providing them for borrowed use. Disinfectant wipes will be available, please sanitize any props used at the end of the class. You may book Online for classes through the Empower ME section of the website.

GROUP FITNESS DESCRIPTION

BODYPUMP

This light weight, high repetition, barbell class is sure to deliver a great total body workout for all fitness levels. (Hybrid Class)

Boot Camp

Dumbbells, body weight, and calisthenics are sure to get your heart rate up in this fun and unique class. Maximize your workout hour in this class designed for all fitness levels. (Hybrid Class)

RPM/Cycling

We take you over imaginary hills and valleys, challenge you to some surges and some tough spots, capitalizing on aerobic and anaerobic intensity, all to great music.

Integral Yoga

Guided meditation combined with poses, stretches, and breathing exercises are utilized to help you release stress in this mixed level class. (Hybrid Class)

Kripalu Yoga

Increase strength, flexibility, and balance as you work your way through a sequence of postures. Offering options for each individual to explore their own boundaries, this class is suitable for all levels. (Hybrid Class)

Low Impact & Toning

This low impact cardio class is designed to increase your endurance, balance, coordination and strength. (Hybrid Class)

Mixed Level Flow

Expect to flow from one posture (asana) to the next as you build heat and flexibility in the body with a focus on the breath. Through movement, breathing exercises (pranayama) and relaxation at the end, you will strengthen mind, body, and spirit. (Hybrid Class)

Muscle Sculpt

Improve definition and strength during this total body workout that's focused on lifting techniques and functional movement. (Hybrid Class)

Strength & Stretch

Take the "work" out of your workout while you explore music from around the world in this fun, calorie-burning dance party. (Hybrid Class)

Zumba

Increase your range of motion, stability and strength as you perfect your lifting form during this total body workout. (Hybrid Class)

BODYSTEP

A full-body cardio and muscle conditioning workout. You can expect a mixture of upbeat, rhythmic stepping with squat and lunge patterns and weight-plate exercises. Instructor will give plenty of options so that everyone leaves feeling successful.