



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:30am	Cycle Shelly (3)(CYC)	BODYPUMP Kristin(3)(GXS)	Cycle/Yoga Julie(3)(CYC)	BODYPUMP Tawney (3)(GXS)	Cycle Shelly (3)(CYC)	
	Boot Camp Joe B (3)(GYM)	Boot Camp Joe B (3)(GYM)	Boot Camp Joe B(3)(GYM)	Boot Camp Joe B (3)(GYM)	Boot Camp Joe B (3)(GYM)	
8:30am-9:25am	Yoga Akram (3)(GXS)	Yoga Nancy (3)(GXS)		Pilates Akram (3)(GXS)	ZUMBA Kim (3)(GXS)	Step Kristin (3)(GXS)
9:00am-9:55am	AOA Strength Sandy (3)(CR)	Chair Yoga Akram (3)(CR)	ZUMBA Kim (3)(CR)	Chair Yoga Julie (3)(CR)	Yoga Carol (3)(CR)	Yoga Carol (3)(CR)
	KISS Spin Jen (3)(CYC)		BODYPUMP Technique Class 9:00am-9:25am			
9:30am-10:25am	Cardio Circuit Shannon (3)(GXS)	Step Kristin (3)(GXS)	BODYPUMP Kristin (3)(GXS)	Step Kim (3)(GXS)	BODYPUMP Julie (3)(GXS)	BODYPUMP Kristin (3)(GXS)
						Cycle Shelly (3)(CYC)
10:00am-10:55am	AOA Cardio Sandy (3)(CR)	AOA Strength Elisa (3)(CR)	AOA Stretch Kim (3)(CR)	AOA Strength Sandy (3)(CR)	AOA Cardio Sandy (3)(CR)	
10:30am-11:25am	BODYPUMP Jamie (3)(GXS)	Yoga Julie (3)(GXS)		Tai Chi Terry (3)(GXS)	KISS Yoga Julie (1)(GXS)	ZUMBA 10:45am-11:40 Rotation (3)(GXS)
4:30pm-5:25pm	Kids Fitness Boot camp Ages 5-12 yrs		Kids Fitness Cardio Circuit Ages 5-12 yrs	BODYPUMP Technique Class 5:00pm-5:25pm		<p>Key to Classes Classes are listed by time, type, Instructor, level And location</p> <p>Levels 1-Beginner 2-Intermediate 3-All levels</p> <p>Location Key GXS-Group Exercise Studio CYC-Cycle Studio CR-Community Room</p>
5:30pm-6:25pm	ZUMBA Sandy (3)(GXS)	Cardio Circuit Kim (3)(GXS)	ZUMBA Kim (3)(CR)	BODYPUMP Kim (3)(GXS)		
6:00pm-7:00pm	Pilates Akram (3)(CR)		Pilates Kathy (3)(GXS)			
	Cycle Joe L (3)(CYC)	Cycle Circuit Courtney (3)(CYC)	Cycle Cynthia (1)(CYC)	Cycle Circuit Courtney (3)(CYC)		
	Boot Camp Joe B		Boot Camp Joe B			
6:30pm-7:25pm	BODYPUMP Kim (3)(GXS)					
7:00pm-7:55pm	Yoga Akram (1)(CR)	ZUMBA Sue (3)(GXS)	Yoga Kathy (3)(CR)	ZUMBA Katherine (3)(GXS)		

KidZone Hours:

Monday-Thursday: 8:00am— 12:00pm; 4:30pm-8:00pm
Friday and Saturday: 8:00am-12:00pm
Sunday: Closed

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Central Branch
Group Exercise Class Descriptions
All classes free to members

AOA-Active Older Adults

Classes catered toward Active Older Adults.

Cardio Mix

A variety of different cardio formats including step and intervals.

Chair Yoga

Mind-body class utilizing a chair for seated yoga poses and to aid in standing poses. A wonderful class for relaxation, self-awareness and for improving flexibility.

Cycle

Enjoy an outdoor activity inside. Ride to great music that drives and motivates. Perfect for those who like a social workout while maximizing the calories your burn.

Cycle Circuit

30 minutes of indoor cycle followed by 30 minutes of circuit training.

Express Classes

Group exercise class formats are compressed into 30 minutes to provide you with an efficient workout experience that maximizes your exercise time. Perfect for all levels.

Kick Boxing

Training that incorporates boxing, sports drills, and basic kick boxing techniques.

Pilates

Developed by the legendary Joseph Pilates this mat-based class is designed to strengthen and stretch the core muscles with focus on breath-work as well.

Pilates on the ball

Pilates inspired exercises utilizing the stability ball. This class will increase your flexibility, strength, balance, and will help you feel great all over.

Step

This class is predominantly low impact activity involving stepping up and down on a platform, while performing creative movements to music.

Step and Strength

This class is a traditional step class adding some strength training at the end, or 30 minutes of step aerobics incorporated with 30 minutes of strength and conditioning exercises.

BODYPUMP

This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors and your choice of weight inspire you to get the results your came for-and fast!

Tai Chi

This is a great mind-body workout using concentration and flowing movements that integrate posture and deep breathing

Yoga

This class is based on a series of flowing yoga poses, designed to improve strength, flexibility and balance. Multiple variations for most poses will be demonstrated, making the class perfect for beginners yet challenging enough for seasoned practitioners.

Zumba

A combination of high-energy and motivating music with unique moves and combinations, this group exercise class is fun and easy to do. "Ditch the workout, join the party!"

Core Fusion

Yoga movements infused with pilates style postures and core-conditioning exercises create an invigorating workout that produces results and leave you feeling refreshed and relaxed.

Cardio Circuit

Multi-level class to improve your cardio endurance, using different kinds of sports conditioning exercises, the step and basic aerobic training techniques.