



- 1 Level 1 (Beginner)**
- 2 Level 2 (Intermediate)**
- 3 Level 3 (Advanced)**

**Group Exercise Classes 12/1-12/28**  
**Each class will be held in an 4-week session format.**  
**Participants must register for each individual class.**

**Elite & FitCombo Members - \$0**  
**Member - \$10 per class Non-Member - \$15 per class**

**\*NO CLASSES ON: WED, DEC 24; THU, DEC 25;**  
**WED, DEC 31; and THU, JAN 1\***

**\*NEXT AVAILABLE SIGN-UP DATE: TUESDAY, DECEMBER 16**

CLASS:	LEVEL:	ACTIVITY #:	INSTRUCTOR:	DAY:	DATES:	LOCATION:	CLASS TIME:
Boot Camp	3	251124-1B	Tracey Z.	Mon	12/1-12/22	Room 301	5:45-6:35A
Virtual Boot Camp		251124-1BVR	Tracey Z.	Mon	12/1-12/22	Virtual	5:45-6:35A
Anything Goes	2	251114-1B	Vicki	Mon	12/1-12/22	Room 301	9:00-9:50A
Virtual Hatha Yoga	1	251323-1BVR	Terry	Mon	12/1-12/22	Virtual	10:00-10:50A
Zumba	2	251072-1B	Jessica	Mon	12/1-12/22	Room 301	11:00-11:50A
Boot Camp	2	251144-1B	Janet	Mon	12/1-12/22	Room 301	5:00-5:50P
Holistic Hatha Yoga <b>*New Class!</b>	1	251434-1B	Ethan	Mon	12/1-12/22	Room 301	6:15-7:05P
TRX Kettlebell	3	251118-1B	Nick	Mon	12/1-12/22	WCB Act.	5:00-5:50P
Fabucore	1	251023-1B	Laurel/Jessica	Tue	12/2-12/23	Room 301	9:00-9:50A
Virtual Fabucore		251023-1BVR	Laurel/Jessica	Tue	12/2-12/23	Virtual	9:00-9:50A
Gentle Cardio Dance	1	251117-1B	Laurel/Jessica	Tue	12/2-12/23	Room 301	10:00-10:50A
StepZone	2	251115-1B	Nora	Tue	12/2-12/23	Room 301	5:15-6:05P
Virtual StepZone		251115-1BVR	Nora	Tue	12/2-12/23	Virtual	5:15-6:05P
Boot Camp	3	251126-1B	Tracey Z.	Wed	12/3-12/24*	Room 301	5:45-6:35A
Virtual Boot Camp		251126-1BVR	Tracey Z.	Wed	12/3-12/24*	Virtual	5:45-6:35A
Zumba <b>*New Time</b>	2	251072-1BB	Jessica	Wed	12/3-12/24*	Room 301	8:00-8:50A
Anything Goes	2	251114-1BB	Vicki	Wed	12/3-12/24*	Room 301	9:00-9:50A
Total Body Stretch	1	251027-1B	Vicki	Wed	12/3-12/24*	Room 301	10:00-10:30A
Tabata Fusion	3	251142-1B	Nora	Wed	12/3-12/24*	Room 301	5:15-6:05P
Virtual Tabata Fusion		251142-1BVR	Nora	Wed	12/3-12/24*	Room 301	5:15-6:05P
Holistic Hatha Yoga <b>*New Class!</b>	2	251434-1BB	Ethan	Wed	12/3-12/24*	Room 301	6:15-7:05P
Virtual Hatha Yoga	1	251145-1BVR	Terry	Wed	12/3-12/24*	Virtual	7:00-7:50P
TRX CoreFit	2	251149-1B	Melanie	Thu	12/4-12/25*	WCB Act.	5:45-6:35A
Strictly Strength	1	251132-1B	Janet	Thu	12/4-12/25*	Room 301	9:00-9:50A
Virtual Strictly Strength	2	251132-1BVR	Janet	Thu	12/4-12/25*	Virtual	9:00-9:50A
Power Hour Cardio	3	251139-1B	Nora	Thu	12/4-12/25*	Room 301	5:15-6:05P
Virtual Power Hour Cardio		251139-1BVR	Nora	Thu	12/4-12/25*	Virtual	5:15-6:05P
Boot Camp	3	251134-1B	Tracey Z.	Fri	12/5-12/26	Room 301	5:45-6:35A
Body Sculptor	1	251130-1B	Janet	Fri	12/5-12/26	Room 301	9:00-9:50A
Restorative Yoga	1	251136-1B	Beth	Fri	12/5-12/26	Room 301	10:30-11:20A
Virtual Restorative Yoga		251136-1BVR	Beth	Fri	12/5-12/26	Virtual	10:30-11:20A
Lunchtime Boot Camp	2	251137-1B	Nora	Fri	12/5-12/26	Room 301	12:15-1:05P
Virtual Lunchtime Boot Camp		251137-1BVR	Nora	Fri	12/5-12/26	Virtual	12:15-1:05P
Cycling	2	251141-1B	Melanie	Sat	12/6-12/27	Room 201	8:00-8:50A
Holistic Hatha Yoga <b>*New Class!</b>	1	251434-1BBB	Ethan	Sat	12/6-12/27	Room 301	9:00-9:50A
Virtual Hatha Yoga	1	251140-1BVR	Terry	Sun	12/7-12/28	Virtual	9:00-9:50A

\*Classes that do not meet minimum participation will be cancelled for the entire 4-week session.

## GROUP FITNESS CLASS DESCRIPTIONS

### ANYTHING GOES

Challenge yourself and take it to the next level with a class that lets you experience something new each week. The instructor will get the heart pumping with exciting routines that may include strength training, cardio and a variety of equipment.

### BOOT CAMP

The only thing we can promise about Boot Camp is that it will get you sweating! Be ready for different styles of cardio and strength training intended to work your entire body.

### CARDIO JAM

This energetic fitness class combines high-intensity cardio exercises with upbeat, rhythmic dance moves. Set to a motivating mix of music, this class is designed to get your heart pumping while improving endurance, coordination, and overall cardiovascular health.

### CYCLING

Love the calorie burning benefits of cardio but don't have a lot of time? Come take a ride during this 50-minute class, sure to get you sweating while working the legs and core.

### FABUCORE

This class is designed to strengthen ab and back muscles. The class is fun, educational, and full of practical advice on maintaining a strong core and posture throughout the day. A variety of ab, posture, and yoga work will be included.

### GENTLE CARDIO DANCE

This low impact cardio class mixes a variety of dance movements and involves the following: cardio, dance, strength, coordination, core, and balance.

### HATHA YOGA

This class introduces the new and experienced students who want to connect to the key elements of Yoga practice. Introducing the fundamentals of Yoga with a focus on breathing and alignment. One will be guided through Yoga postures to build strength, stamina and flexibility.

### HOLISTIC HATHA YOGA

This style of yoga is designed for mindful movement, breathwork, and relaxation designed to strengthen the body, calm the mind, and restore inner harmony. This class focuses on alignment, flexibility, and energy flow—perfect for anyone seeking a grounded, rejuvenating practice that nurtures both body and spirit.

### LUNCHTIME BOOT CAMP

Boot Camp workouts are high-intensity classes that incorporate strength and conditioning with a focus on dynamic warm-ups, challenging workouts, and finishers. Classes are designed to be challenging and efficient, offering a full-body workout that builds strength, improves cardiovascular fitness, and boosts overall endurance.

### POWER HOUR CARDIO

Work out your frustrations in this high-intensity class! You will burn fat and relieve stress while gaining a great sense of self-confidence.

### RESTORATIVE YOGA

Restorative Yoga is a gentle and nurturing practice that focuses on relaxation, restoration, and rejuvenation of the body, mind, and spirit. In this class, participants will explore a series of restful poses supported by props such as blankets, bolsters, and blocks, allowing the body to fully surrender into each posture.

### STEP

StepZone is a high-energy cardio workout that uses a raised platform (the step) to perform choreographed movements set to music. Designed to improve cardiovascular fitness, coordination, and lower-body strength.

### STRICTLY STRENGTH

Do you want to shape your body and develop strength, endurance and lean muscle? Discover the benefits of strength training. Not only does it have the potential to increase lean muscle and metabolism, it may help improve balance, flexibility, mobility and stability.

### TABATA FUSION

This high-energy workout blends the intensity of Tabata intervals with the best of cardio, strength, and flexibility training by alternate bursts of powerful movement with short recovery periods.

### TRX® KETTLEBELL

Ramp up your workout with this combination class that mixes suspension training with Kettlebell conditioning intervals. Increase strength, mobility, balance and core strength. Sculpt muscles and burn fat with this class.

### TRX® COREFIT

Strengthen, stabilize, and sculpt with this dynamic suspension training class focused on core power. Using TRX straps, you'll engage your entire body with low-impact, high-results movements that challenge balance, build strength, and boost endurance. All fitness levels welcome.

### TOTAL BODY STRETCH

In this class, we'll explore a variety of stretching techniques and exercises to target different muscle groups, improve joint mobility, and release tension accumulated from daily activities or intense workouts.

**\*All instructors can modify classes for every fitness level.**