


	MON	TUES	WED	THUR	FRI	SAT	SUN
5:45am							
6:00am	FIT STRENGTH	SPIN	FITCOMBO	SPIN	FIT STRENGTH		
6:45am							
8:00am						SPIN	
8:30am							
9:00am						STEP/BAR	SPIN
9:15am							
9:30am	FITCOMBO	FIT STRENGTH	FITCOMBO	FITCOMBO	YOGALATES		
10:30am							
12:30pm							
4:00pm							
5:30pm	FITCOMBO	FITCOMBO	SPIN	FITCOMBO			
6:00pm							
6:30pm	SPIN	FIT CARDIO	FIT STRENGTH	ZUMBA			
7:00pm							
8:00pm							
FIT	FIT- Functional Interval Training. Not a buzz word, a life choice! Move better, be stronger, explore your stamina! 45min High Intensity interval Training and endless workout options to help build strength & stamina. Yep burn fat and build muscle fast! It's awesome!! Sign me up today!			SPIN	A dynamic and challenging cycling class to fast track your fitness and burn those excess calories. Work as hard as you want in this class - great for both beginner as well as advanced levels. 45mins		
FIT CARDIO	FIT CARDIO - A 45 minute session that will have you sweating, possibly swearing and definitely gasping! But you have never felt better and can't wait for round 2! 45mins			YOGALATES	A Yoga mind and body experience, incorporating Pilates. 45 mins		
FIT STRENGTH	FIT STRENGTH A greater focus on resistance training to really build some lean muscle. Yep.... you're on the the edge of glory, & you'll be back begging for more! 45mins			VIRTUAL	Virtual classes are just that! These classes are demonstrated on TV screens and it's up to you as to whether you thrash it out or take it at your own pace! 45 Mins		
FIT COMBO	FIT COMBO.... because you want the best of both worlds or because you can't decide, either way you will love this intense session!! A big fat dose of Cardio, Strength and Core combined! 45mins			COTA	This class stands for council of the aged. Specific classes for older adults that focus on building core strength, increasing bone density and flexibility. Functional training to help assist with day to day activities. 30 mins		
ZUMBA	ZUMBA - he most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it! 45mins			STEP/BAR	45 mins of pushing yourself to the limit! A great way to ensure you maintain peak condition for the week ahead! Get on in and challenge yourself with this intensive session using a step and weights.		