

Day	Time	Duration	Class	Instructor	Location	Notes:
Monday						
Please see special schedule for Memorial Day.	8:15 AM	30	Bust to Back Pop Up	Mandi	Studio 2	Special Class - 5/13 Only
	8:45 AM	50	Cycle	Tiffany	Studio 1	
	9:00 AM	60	HydroFit	Diane	Pool	
	9:00 AM	45	Booty Burn	Mandi	Studio 3	
	9:00 AM	45	Body Attack Express™	Kristin	Studio 2	
	10:00 AM	55	Body Pump™	Gina/Elizabeth	Studio 2	
	10:15 AM	45	Zumba™ Gold	Elizabeth/Gina	Studio 3	
FitNation open 7:00am - 12:00pm	5:30 PM	45	Body Attack Express™	Mandi	Studio 2	
	5:30 PM	50	Zumba™	April	Studio 3	
	5:45PM	50	Cycle	Linda	Studio 1	
	6:30 PM	55	Body Balance™	Erica	Studio 3	
Tuesday						
	7:30 AM	50	Strong & Lean	Wendy	Studio 2	
	8:30 AM	30	Tabata Cardio	Gina	Studio 2	
	9:00 AM	60	HydroFit	Diane	Pool	
	9:00 AM	45	Core & More	Gina	Studio 2	
	9:45 AM	60	Yoga	Sharon	Studio 3	
	9:45 AM	55	Body Combat™	Elizabeth	Studio 2	
	10:45 AM	45	Zumba™	Elizabeth	Studio 2	
	5:15 PM	45	Body Step™ Express	Denise	Studio 2	
	6:15 PM	60	Body Pump™	Denise	Studio 2	
	6:15 PM	45	Barre	Erica	Studio 3	
Wednesday						
	7:00 AM	50	Cycle	Amy P.	Studio 1	
	8:30AM	30	Core Blast	Mandi	Studio 2	
	9:00 AM	45	Body Step™ Express	Mandi	Studio 2	
	10:00 AM	55	Body Pump™	Gina	Studio 2	
	10:00 AM	50	Supported Stretch & Balance	Diane	Studio 3	
	11:00 AM	50	Cardio Combo Gold	Gina	Studio 2	
	5:30 PM	45	LIIT Gold	Ilona	Studio 3	
	5:45 PM	55	Body Combat™	Elizabeth	Studio 2	
	6:30 PM	60	Yoga	Amy P	Studio 3	
Thursday						
	8:30 AM	50	Cycle	Rhonda	Studio 1	
	8:30 AM	30	Core Blast	Mandi	Studio 2	
	9:00 AM	60	Hydrofit	Cyndi	Pool	
	9:15 AM	45	Boot Camp	Mandi	Gym	
	9:15 AM	45	Body Pump Express™	Elizabeth	Studio 2	
	9:30 AM	60	Yoga	Sharon	Studio 3	
	5:00 PM	60	Body Pump™	Denise	Studio 2	
	5:45PM	45	Power Ride Express	Linda	Studio 1	
	5:45 PM	60	Cardio Pilates	Ilona	Studio 3	
	6:15 PM	60	Hydrofit	Rachel	Pool	

Day	Time	Duration	Class	Instructor	Location	Notes
Friday						
	8:30 AM	30	Strong & Lean 30	Elizabeth	Studio 2	
	8:45 AM	45	Strength and Stretch	Diane	Studio 3	
	9:00 AM	55	Body Combat™	Elizabeth	Studio 2	
	10:00 AM	45	LIIT Gold	Elizabeth/Gina	Studio 2	
	10:15 AM	30	Foam Roll and Release	Sharon	Studio 3	Special Class - 5/17 Only
	5:30 PM	60	Zumba™	Chompoo	Studio 2	
Saturday						
	7:45 AM	50	Cycle	Kevin	Studio 1	
	8:45 AM	60	Body Pump™	Denise/Amy P.	Studio 2	
	9:00 AM	45	Cardio Sculpt	Ilona	Studio 3	Special Class—5/11 Only
	10:00 AM	60	Body Attack™	Kristin	Studio 2	
	10:00 AM	60	Zumba™	Erica	Studio 3	
Sunday						
	8:30 AM	55	Body Balance™	Amy P	Studio 3	
	8:30 AM	50	Cycle	Tiffany	Studio 1	
	9:30 AM	30	Core & More	Elizabeth	Studio 2	
	9:35 AM	60	Power Yoga	Amy P.	Studio 3	
	10:00 AM	60	Body Combat™	Elizabeth	Studio 2	

****CLASS DESCRIPTIONS ARE ON A SEPARATE DOCUMENT****

Please Note: The schedule and instructors are subject to change at any time without notice. You are required to check in at the service desk to pick up a token/band for each class you are attending. Please give it to your instructor before class begins.

FITNATION GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO

BODYATTACK®: A high energy, sports-inspired interval training, cardio workout for building strength, stamina and agility. Combined athletic movements and strength exercises will push you toward your fitness goals. (**Express:** 45 minute class)

BODYCOMBAT®: This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Tae Kwon Do, Tai Chi, and Muay Thai. This non-contact format is supported by strong, powerful music.

BODYSTEP®: Compelling cardio fitness that shapes and tones the legs, improves coordination, bone density, posture and agility with easy to follow choreographed combinations using an adjustable step platform. (**Express:** 45 minute class)

TABATA CARDIO: An intense HIIT cardio workout with 4 minute sets of work consisting of 8 20 sec rounds per set w/ a 10 sec rest.

Please Note:
Drop-in schedule and instructors are subject to change without notice. All group exercise classes require a token upon entering the class. Please hand your token to the instructor at the beginning of class.

CARDIO/STRENGTH

BOOT CAMP: This class is a heart pumping, muscle flexing, challenging workout. Simple cardio combinations will be taught with intervals of strength training (weights, tubes, pump bars, etc..) mixed in.

CARDIO COMBO GOLD: A low impact class using different equipment for light cardio and strength exercises! A full body workout that is easier on the joints but full of heart pumping fun!

CARDIO PILATES: Traditional Pilates exercises using a variety of equipment to strengthen and tone the core mixed with easy to follow cardio drills designed to raise the heart rate for a great metabolic conditioning workout. This great balance of cardio and strength exercises is an all over body workout to burn calories and develop muscles at the same time.

CARDIO SCULPT POP UP: Low impact aerobic training with light weight or body weight intervals to tone and strengthen muscles.

LIT GOLD: A fun, non-impact, fitness class designed for the active older adult, someone new to exercise or someone just getting back into exercise and wants to ease back in. An interval cardio and strength workout consisting timed exercises followed by periods of rest. Different equipment and modalities will be utilized for an all over body workout.

MIND/BODY ****Please bring a Yoga mat to class with you****

BODYBALANCE®: A yoga, Tai Chi, Pilates workout that builds flexibility, strength and leaves you feeling centered and calm.

FOAM ROLL AND RELEASE POP UP: Show those sore, tired muscles some love. Targeting hard to reach areas, the foam roller is used

SUPPORTED STRETCH AND BALANCE: Ideal for anyone with wrist, knee, or shoulder issues who want the physical benefits of stretching without having to get up and down on the mat. Chairs will be provided for support to give you a great stretch, help build strength and improve balance.

YOGA: Work all major and minor muscle groups by repeating a series of poses and flowing them together to develop strength, flexibility, endurance and mindfulness.

POWER YOGA: Yoga with a kick. Be prepared to move through a combinations of yoga poses that will challenge, lengthen, and strengthen your muscles. You will leave feeling strong and calm.

DANCE

ZUMBA®: A fun, Latin, cardio dance class that combines all styles of Latin dance/music.

ZUMBA GOLD®: Zumba moves designed for the active older adult or someone just starting out, new to fitness.

FitNation Hours:
Monday-Thursday:
5:00a-10:00p
Friday: 5:00a-9:00p
Sat & Sun: 7:00a-5:00p
KidNation Child Care Hours:
Mon-Sun: 8:30a-12:00p
Mon-Thus: 4:30p-8:00p

STRENGTH TRAINING

BARRE: A class that utilizes ballet principles to build strength in the lower body. Focus will also be placed on core strength and balance.

BODYPUMP®: A choreographed strength and conditioning classes that uses high repetition with weighted barbells and inspiring music to motivate participants through 10 music tracks. (**Express:**45minutes)

BOOTY BURN : Build up your backside and turn up the heat on your booty. Using a variety of equipment, this 45 minute class is designed to have your glutes burning for days.

BUST TO BACK POP UP: Using a variety of equipment, this class will define and sculpt your upper body with the focus on the chest and back.

CORE & MORE: 30-45 minutes of mainly Core Blast training (description above) combined with multi muscular strength moves.

STRENGTH & STRETCH: Gentle exercises including balance work and stretching will get your body moving and heart pumping. Light weights may be included and chairs are available for support if needed. This class is ideal for our active aging members, members just starting out, or anyone with joint pain or injuries who require non impact exercises

STRONG & LEAN : A multi muscular free style strength class to achieve longer, leaner muscle tone and improve muscle endurance! Upper and lower body exercises will be taught together using heavier weights and lower reps.

FITNATION GROUP EXERCISE CLASS DESCRIPTIONS (cont.)

AQUATIC

HYDRO-FIT: This class uses water's resistance for an aerobic, strengthening, and ROM workout. The water allows for less joint impact and an increase in hydrostatic pressure. A variety of hydro equipment will be used for a fun, challenging workout.

INDOOR CYCLING

CYCLE: An awesome 50 min indoor cycling class that provides a fun and challenging cardiovascular workout for all fitness levels.

POWER RIDE EXPRESS: This 45 minute class will use powerful music to focus on a high intensity ride to increase your heart rate and burn fat in a shorter amount of time. All skill levels are welcome as modification will be given to reduce the intensity if needed.