<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 6AM-6:50AM SwimFit - Gena - P  
Spin - Carisa - S | 6AM-6:50AM  
Water Aerobics  
Debbie B. - P | 6AM-6:50AM  
Spin - Bridget - S  
SwimFit - Gena - P | 6AM-6:50AM  
Spin - Carisa - S | 6AM-6:50AM  
Sunrise Yoga - Aaron - D1 |
| 6:30AM-7:20AM  
Sunrise Yoga - Aaron - D1 | 12:10PM-12:50PM  
Yoga - Carol - S2  
Barre - Debbie M. - D1 | 12:10PM-12:50PM  
Sunrise Yoga - Amber - D1 | 12:10PM-12:50PM  
Sunrise Yoga - Aaron - D1 |
| 12:10PM-12:50PM  
Yoga - LaMecia - S2  
Body Sculpt - Lauren - D1 | 4:30PM-5:20PM  
Zumba - Sarah Gr. - D1 | 12:10PM-12:50PM  
Mid-Week Meditation  
Aaron - S2  
Body Sculpt - Melissa - D1 | 12:10PM-12:50PM  
Yoga - Addison - S2 |
| 4:30PM-5:20PM  
Zumba - Heather - S2 | 5PM-6PM  
Country Western I  
Sarah Gl. - D2 | 5:30PM-6:20PM  
Spin - Quinn - S  
Cardio Fusion  
Debbie M. - S2  
Yoga - Addison - D2 | 5:30PM-6:20PM  
Advanced Judo - Jon - C |
| 5:30PM-6:20PM  
TRX - Presli - PS  
Barre - Abbie - D1  
Spin - Lauren - S  
Yoga - Addison - S2 | 5:30PM-6:20PM  
TRX - Presli - PS  
Yoga - Addison - D2  
Kickboxing - Celina - C | 5:30PM-6:20PM  
Barre - Grace M. - D1  
TRX - Presli - PS  
Yoga - Addison - D2 |
| 6:30PM-7:30PM  
Intro to BJJ - Kerris - C | 6:30PM-7:20PM  
Hip Hop - Grace - M. - D1 | 6:30PM-7:20PM  
Pop Pilates - Addison - D1 | 6:30PM-7:20PM  
Power Yoga - Tina - D1 |
| 7:30PM-8:20PM  
Power Yoga - Aaron - D1 | 7:30PM-8:30PM  
Intro to Judo - Jon - C | 7:30PM-8:20PM  
Zumba - Grace P. - D1 | 10AM-11AM  
Intro to Judo - Jon - C |
| 7:30PM-8:20PM  
Intro to TKD - Kerris - C | 7:30PM-8:30PM  
Intro to Judo - Jon - C | 11AM-12PM  
Advanced Judo - Jon - C |

Spin, Boga Fit and TRX require a pass to participate. Passes are available at the Front Desk for free 30 minutes prior to class time. Class sizes are limited.
CLASS DESCRIPTIONS

Cardio + Conditioning Classes

Cardio Fusion - The perfect conditioning class to prepare your body for any type of fitness activity. The functional movements that are used in the class are ideal for everyday activity, and help prepare the body for more intense workouts. If you are looking to strengthen your muscles, and increase endurance levels, this class is the one for you.

Pop Pilates - A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.

Spin - A great low-impact workout! Your instructor will guide you over a variety of terrain with several modes of training styles. Every ride is your own, so you have the ability to adjust your intensity making this class great for all levels!

TRX - Work against gravity and your body's own resistance! As you perform hundreds of exercises that build strength, balance, flexibility, power, mobility, and prevent injuries all at the intensity you choose.

Dance Classes:

Country Western I - The focus in this class is on four styles of two stepping both past and present. Gain insight into the history of many different styles of Two Stepping. Learn a variety of easy and effective basic principles of Leading and following. Acquire the knowledge of key terminology, techniques of fundamentals, and dance etiquette. Develop the skills of combining the rhythm with the footwork and executing single turns and multiple turn combinations. Exercise while having fun and making new friends.

Country Western II - Pick up from where we left off from any of Sarah Gladden's prior dance classes. A review of all the dances and techniques. Improve and discover more professional skills by experimenting, creating and applying movement analysis. Advance with combinations of turns and tap into creative developments through rigorous practice. Expand on Two Stepping styles and bring out new ideas. Experience a new healthy life style through the sport of partner dancing. Must have taken Country Western I or Sarah Gladden's academic dance class to participate.

Dance Party! - Listen to the Top Hits and learn choreography that will get your heart rate jumping and your body moving. This class targets giving you a total body workout while dancing to the beats of the music! Come join the Party!

Hip-Hop - With new choreography every week, the Colvin's Hip Hop Class will enrich you with technique, movement, confidence, and lots of fun. The instructor, Gil Marom, makes sure to pick choreography that will suit and benefit dancers of all levels, and works with his student to make sure they get better and better each week. Join this fun class today!

Zumba® - A total body workout with cardio conditioning in a Latin flavor. Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Resistance Classes

Barre - This class will combine postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training, combined with high reps of small range-of-motion movements. This class will also incorporate light handheld weights to bring the burn during all those reps, as well as mats for targeted core work.

Body Sculpt - A strength training class targeting major muscle groups using various equipment and body weight, total body incorporates bursts of cardio into movements intended to help you tone all major muscles!

Mind/Body Classes

Mid-Week Meditation - Train your awareness and focus on being present in the moment to appreciate things from a new perspective.

Power Yoga - An intense workout that will make you sweat! A traditional Ashtanga practice follows the same series of poses and makes you hold each for five breaths before moving through a Vinyasa.

Restorative Yoga - A more meditative approach to traditional yoga that adds more focus on holding the poses for longer periods of time to get deeper into the fascia of the muscles in your body.

Strength and Stretch - A great way to complement yoga and/or cardio exercise. Strengthening exercises emphasize the abs, torso and “core” muscles to condition you for the challenges of daily living. Also includes flexibility and relaxation.

Sunrise Yoga - Wake your body up with this early morning session. Like a traditional yoga class, this works to develop the physical body with strength, stamina, and flexibility; the emotional body with stability, confidence and discernment; the mental body with awareness, concentration, and focus.

Yoga - This class works to develop the physical body with strength, stamina and flexibility; the emotional body with stability, confidence and discernment; the mental body with awareness, concentration and focus. The result is physical, emotional, and mental tranquility, enabling one to completely relax while feeling strong, confident and aware.

Martial Arts Classes

Intro to Brazilian Jiu-Jitsu - Emphasizes taking an opponent to the ground and utilizing ground fighting techniques. BJJ permits a wide variety of techniques to take the fight to the ground. Once the opponent is on the ground, a number of techniques and counters are available to control the opponent.

Intro to Judo + Advanced Judo + Open Mat Judo - A tremendous and dynamic combat sport that demands both physical prowess and great mental discipline. From a standing position, it involves techniques that allow you to lift and throw your opponents onto their backs. On the ground, it includes techniques that allow you to pin your opponent’s down to the ground, control them, and apply various chokeholds or joint locks until submission.

Intro to Tae Kwon Do - In this class students are taught the basic punches, kicks, blocks and stances of this martial art style. In addition to the standard techniques taught in this style, students are introduced to elements of Brazilian Jiu-Jitsu, the Okinawan Kubodokan weapon system, Shotokan and Goju-ryu Karate, Muay Tai, Kali, and various self-defense methods. Improved conditioning, balance, self-confidence are the normal results of this style of training.

Kickboxing - Kick and punch your stress away with this high-energy workout that uses martial arts basics and bags to really work up a sweat. No experience required, just come several minutes early to wrap your hands.

Aqua Classes

SwimFit - This class incorporates lap swimming and supplementary movements to condition you for the challenges of daily living. Also includes flexibility and relaxation.

Water Aerobics - This aerobics class incorporates a variety of exercises ranging from running to Jumping jacks in the deep water. Belts are provided for flotation. Toning and calisthenics both with and without water weight are conducted to increase muscle tone and strength.