

April 5-14 **PREVIEW DATES**

A black silhouette illustration on a light background. It features a house with a chimney on the left, a large rounded tree in the center, a sailboat in the foreground, and a city skyline with several buildings on the right. A curved line suggests a horizon or a path.

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Try before you buy! We are offering a FREE trial period for the following classes from April 5 - 14. If you are interested in becoming a Group Exercise Member, this is your chance to try it out before you commit! Classes have limited space so arrive before class time and check-in at the Welcome Desk. Our customer service team will give you a numbered ticket. This is a first come, first serve opportunity!

Ageless Fitness

This class is designed for those who want to improve balance, functional movements and mobility. Class includes strength exercises, single leg stances, rotations and more. Great for all fitness levels. *Instructor: Dena*

Barre Inspired and Barre Shred

These sculpting classes combine elements of core muscle work (including abdominal and lower back muscles), barre, Pilates and strength training. These classes use light weights, small balls and your own body weight. Barre Shred offers a more intense, yet non-impact workout for those seeking an additional challenge. *Instructor: Tanya*

Boot Camp Blast

Circuits of exercise based on key fitness trends designed to challenge your body's core and burn calories define this class, which includes boot camp drills, body weight exercises, high intensity intervals, strength training and more! *Instructors: Kim or Chris*

Circuit Intervals

When combined with cardio intervals, strength exercises targeting every muscle group maximizes muscle building, fat burning, cardio endurance and stamina. This class includes body weight exercises, high intensity drills and a full range of accessories for a workout that is never the same. *Instructor: Lisa*

Core and More

Core and More provides a total body workout that focuses on abdominal and lower back strength, glutes and thighs, as well as some foundational principles of Pilates. All fitness levels welcome! *Instructor: Loretta*

CyclePump

CyclePump mixes cycling with upper body weight lifting and ab workouts. Burn fat and gain muscle with this energetic combination class. *Instructor: Kim*

Fighting Fit

This class combines basic skills such as kicks, punches and twists with fun music and excellent coaching from a kickboxing professional. *Instructor: Daniel*

FitYoga

Perfect for warming up muscles and joints, FitYoga moves students through postures and poses to stretch and relax. Wear loose, comfortable clothing for ease of movement. Great for all fitness levels. *Instructors: Melissa or Dena*

Functional Training

This class provides strength exercises for every muscle combined with cardio endurance, flexibility and balance using weights, bosu balls and more to challenge your body. *Instructor: Lisa*

Indoor Cycle

Designed to burn calories and obliterate fat to energetic and upbeat music, this class is a great cardio workout! *Instructors: David, Laura or Kevin*

Pure Strength

Pure Strength challenges and strengthens every muscle in your body using resistance tubes, weights, balls and more. *Instructor: Patti*

R.I.P.P.E.D.®

This program utilizes free weights, resistance, and jump training to build muscle power, speed and endurance. It is ever-changing and progresses through a sequence of movements that you will learn and repeat over several workouts to achieve success. *Instructor: Cindy*

Stretch ®

Helping to release tight muscles and joints, this class facilitates better movement and mobility for your body. Breathing, standing and floor exercise creates a well-rounded routine for any fitness level. *Instructor: Kim*

Tai Chi Fit Demo

Tai Chi Fit combines the ancient art and wisdom of Tai Chi with present-day fitness techniques to improve balance, movement and functional strength. Movements are low impact. Great for stress reduction, beginners and older adults. *Instructor: Tai Chi Master Arthur Du*

Zumba ®

So much fun, you forget that you're working out! Zumba ® infuses latin dance styles such as salsa, merengue, cumbia and mambo with other styles such as indian, jazz and hip hop to create a unique dance experience. All fitness levels welcome! *Instructors: Alexander, Echo, Deborah or Eileen*

ZumbaStep ®

This class takes lower body workouts and calorie burning to a new level. Tone and strengthen glutes and legs with a gravity-defying blend of routines and step aerobics. Maximize results while having fun! *Instructor: Alexander*

Zumba/Strong ®

Unlike other workouts where music is an afterthought, Strong by Zumba ® matches the beat and feel of music to specific movements to intensify interval training and provide a total body workout. This innovative format pushes you past perceived limits to reach your goals. *Instructor: Amanda*