






Sunday - 16		Monday - 17		Tuesday - 18		Wednesday - 19		Thursday - 20		Friday - 21		Saturday - 22	
2:30pm Bootcamp (gym)	Adam	5:30am Bootcamp (gym)	Chris	5:30am Group Power (GR)	Catherine	5:30am Bootcamp (gym)	Chris	5:30am Group Power (GR)	Catherine	5:30am X-bike (XB)	Catherine	8:15 X-Bike (XB)	Nicole
3:30pm Zumba (gym)	Nicole	8:30am Group Power (GR)	Andrea	6:01am 601 (Fitness Desk)	Chris	8:30am Step & Sculpt (GR)	Erin	6:01am 601 (Fitness Desk)	Chris	8:30am Sculpt (GR)	Chris	9:00 Yoga (MB)	Susannah
		9:35am Interval (Front Lobby)	Erin	8:30am Yoga (MB)	Chandra	9:35am Pilates (MB)	Jill	8:30am Interval (GR)	Erin	9:35am Pilates (MB)	Andrea	9:00 Bootcamp (Gym)	Adam
		10:00am LivN Active (TR)	Andrea B.	8:30am X-Bike (XB)	Erin	9:35am Plyometric & Core (GR)	Jeni	9:35am Yoga (MB)	Chandra	9:35am Step (GR)	Jill	9:00 Group Power (GR)	Andrea
		5:00 Axis Kids (gym)	Chris	8:30am Zumba (GR)	Melissa	10:00am LivN Active (TR)	Andrea B.	9:35am Group Power (GR)	Andrea	10:00 am LivN Active (TR)	Andrea B.	10:00 Zumba (gym)	Trisha
		5:45 Axis Adults (gym)	Adam	9:30am Kids Kick (Core)	Andrea	5:00 Axis Kids (gym)	Chris	11:45am Circuit Lunch*	Jeremy (Fitness desk)	5:45 Axis Adults (gym)*	Jeremy	10:00 Rock* (Gym)	Adam
		5:45 X-Bike (XB)	Nicole	9:35am Group Power (GR)	Nicole	5:45 Bootcamp (gym)	Adam	12:15am Circuit Lunch*	Jeremy (Fitness desk)	6:00 Turbo Kick (GR)	Andrea	10:00 Yoga 4 Kids* (MB)	Susannah
		6:00 Yo-lates (MB)	Susannah	11:45/12:15 Circuit Lunch*	Jeremy (Fitness Desk)	6:00 Turbo Kick (GR)	Andrea	6:00 Kids Bootcamp (Core)	Chris	7:00 Rock* (GR)	Jeremy		
		6:30 Group Power (GR)	Catherine	5:00 Step (GR)	Jill	6:00 X-Bike (XB)	Keith	6:00 Zumba (gym)	Trisha, Nicole				
		7:00 Rock* (MB)	Jeremy	6:00 Group Power (GR)	Melissa	6:00 Yoga (MB)	Susannah	6:00 Group Power (GR)	Melissa				
		7:00 Zumba (gym)	Nicole, Trish	6:00 Kids Bootcamp(core)	James	7:00 Blast* (GR)	Jeremy	6:01 601 (Fitness Desk)	Jeremy				
		7:00 Kids Twist (Core)	Andrea	6:01 601 (Fitness Desk)	Jeremy								
				6:30 Pilates (MB)	Jill								
Sunday -23		Monday - 24		Tuesday - 25		Wednesday - 26		Thursday - 27		Friday - 28		Saturday - 29	
2:30pm Bootcamp (gym)	Adam	5:30am Bootcamp (gym)	Chris	5:30am Group Power (GR)	Catherine	5:30am Bootcamp (gym)	Chris	5:30am Group Power (GR)	Catherine	5:30am X-bike (XB)	Catherine	8:15 X-Bike (XB)	Nicole
3:30pm Zumba (gym)	Nicole	8:30am Group Power (GR)	Andrea	6:01am 601 (Fitness Desk)	Chris	8:30am Step & Sculpt (GR)	Erin	6:01am 601 (Fitness Desk)	Chris	8:30am Sculpt (GR)	Chris	9:00 Yoga (MB)	Susannah
		9:35am Interval (Front Lobby)	Erin	8:30am Yoga (MB)	Chandra	9:35am Pilates (MB)	Jill	8:30am Interval (GR)	Erin	9:35am Pilates (MB)	Andrea	9:00 Bootcamp (Gym)	Adam
		10:00am LivN Active (TR)	Andrea B.	8:30am X-Bike (XB)	Erin	9:35am Plyometric & Core (GR)	Jeni	9:35am Yoga (MB)	Chandra	9:35am Step (GR)	Melissa	9:00 Group Power (GR)	Andrea
		5:00 Axis Kids (gym)	Chris	8:30am Zumba (GR)	Melissa	10:00am LivN Active (TR)	Andrea B.	9:35am Group Power (GR)	Nicole	10:00 am LivN Active (TR)	Andrea B.	10:00 Zumba (gym)	Melissa
		5:45 Axis Adults (gym)	Adam	9:30am Kids Kick (Core)	Andrea	5:00 Axis Kids (gym)	Chris	11:45am Circuit Lunch*	Jeremy (Fitness desk)	5:45 Axis Adults (gym)*	Jeremy	10:00 Rock* (Gym)	Adam
		5:45 X-Bike (XB)	Erin	9:35am Group Power (GR)	Nicole	5:45 Bootcamp (gym)	Adam	12:15am Circuit Lunch*	Jeremy (Fitness desk)	6:00 Turbo Kick (GR)	Andrea	10:00 Yoga 4 Kids* (MB)	Susannah
		6:00 Yo-lates (MB)	Susannah	11:45/12:15 Circuit Lunch*	Jeremy (Fitness Desk)	6:00 Turbo Kick (GR)	Andrea	6:00 Kids Bootcamp (Core)	Chris	7:00 Rock* (GR)	Jeremy		
		6:30 Group Power (GR)	Catherine	5:00 Step (GR)	Jill	6:00 X-Bike (XB)	Keith	6:00 Zumba (gym)	Trisha, Nicole				
		7:00 Rock* (MB)	Jeremy	6:00 Group Power (GR)	Melissa	6:00 Yoga (MB)	Susannah	6:00 Group Power (GR)	Melissa				
		7:00 Zumba (gym)	Nicole, Trish	6:00 Kids Bootcamp(core)	James	7:00 Blast* (GR)	Jeremy	6:01 601 (Fitness Desk)	Jeremy				
		7:00 Kids Twist (Core)	Andrea	6:01 601 (Fitness Desk)	Jeremy								
				6:30 Pilates (MB)	Jill								
Sunday -30		Monday - 31											
2:30pm Bootcamp (gym)	Adam	Memorial Day Special Schedule!!											
3:30pm Zumba (gym)	Nicole	5:30am Bootcamp (gym)	Chris										
		8:30am Group Power (GR)	Andrea										
		9:35am Interval Bootcamp (gym)	Erin										
		9:35am Step (GR)	Melissa										
		10:00am LivN Active (TR)	Andrea B.										

## Class Descriptions

30/30 (60 min)	30 minutes of a sculpt (flexibility, balance training, strength, BOSU, functional fitness) and 30 minutes cardio
601 (45 min)	Beginner/Novice class implementing functional training, machines, free weights, and a lot of heart from our instructors. Finish up with some great cardiovascular training for weight loss and cardiorespiratory improvement. Sure to be a favorite!
Axis 4 Adults (45 min)	Ages 13+. Slightly Geared Down: Ladders, Agility Drills, Hurdle Hops, Obstacle Courses- Sports Style Training for Adults
Axis 4 Kids (45 min)	Ages 7-12. Slightly Geared Down: Ladders, Agility Drills, Hurdle Hops, Obstacle Courses- Sports Style Training for Kids
Bootcamp (60 min)	A high intensity anaerobic/aerobic mix using strength training as interval training - taught military style!
Bootcamp for Kids (30 min)	Ages 7-12. Military style interval training geared down for kids!
Blast (45 min)	Exercises to develop and lengthen lower body muscles; sculpting and toning buttocks, thighs, hamstrings, & calfs.
Circuit Lunch (30 min)	30 minute circuit training workout with Jeremy. <b>Grab a pre-packaged lunch to go at Inergy Restaurant - Calorie Count on the box!</b>
 GROUP POWER	Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power
Interval (45-55 min)	Incorporates higher intensity cardio intervals combined with body weight exercises using a variety of tools.
Kickboxing (45)	Martial Arts: kicking, punching, and balancing exercises using gloves and bags.
Kickboxing & Core (60)	45 minutes Martial Arts: kicking, punching, and balancing exercises using gloves and bags. 15 minutes core work.
Kids Kick (30-40 min)	Kickboxing for kids. Contact involves targets only.
Kids Twist (30-40 min)	Kids fitness program involving kickboxing with targets, self-defense, Yoga, and Axis.
LivN Active	Adult fitness program, focusing on both aerobic and resistance training to improve cardiorespiratory health, improved range of motion, increased strength, and balance. Ages 55+.
Pilates (45-60 min)	Using your own body weight and gravity this Classical Pilates matwork will tone, strengthen, and lengthen your entire body.
Plyometric & Core (60 min)	Method of training muscle elastic strength and explosiveness to enhance athletic performance. Followed by 15 min of core work.
Pump (45-55 min)	Strengthen your entire body using barbells, free weights, tubing, and body weight exercises. Challenge all the major muscle groups!!
Rock Abs (30 min)	Focuses on Abs, Core, and Back followed by a deep stretch.
Sculpt (60 min)	Flexibility, balance training, strength, BOSU, functional fitness
Step & Sculpt (60 min)	Warm up with basic step patterns then move into harder sculpting patterns.
Step (60 min)	Progressive easy to moderate aerobics class performed in a choreographed routine. All levels welcome.
 (60 min)	You'll kick, punch, and groove your way to a brand new body in this action-packed, super fun, super safe and effective cardiovascular workout. Group Exercise and Martial Arts combined!!
X-Bike (45-55 min)	Off Road course of intense hills, roots, and jumps. Bringing the natural movements of outdoor cycling indoors.
Yoga (45-55 min)	Focus on classical yoga postures, alignment principles, and breathing techniques
Yoga 4 Kids (30 min)	Ages 5 & up. Focus on basic yoga postures and breathing techniques. A fun way for kids to learn.
Yo-lates (45 min)	Combination of Yoga and Pilates to tone, strengthen, and lengthen your entire body
Zumba (60 min)	 Blend of hypnotic Latin dance rhythms and easy to follow moves which creates a dynamic fitness program.