

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<p>HOURS OF OPERATION</p> <p>MONDAY-THURSDAY: 5:00AM - 10:00PM FRIDAY: 5:00AM - 8:00PM SATURDAY & SUNDAY: 7:00AM-4:00PM</p> <p>*MetCon Classes are included in Sports Performance/Elite Memberships only!</p>				<p>1</p> <p>6:00am Group Cycling 8:00am Zumba[®] 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young</p>		<p>2</p> <p>5:40am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga Sculpt 6:30pm Barre-less Fusion</p>		<p>3</p> <p>6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More</p>		<p>4</p> <p>7:30am Group Cycling 8:30am Group Cycling 9:30am Zumba Toning[®]</p>			
		<p>6</p> <p>6:00am Group Cycling 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 4:30pm Pilates & More 5:30pm Barre-less Fusion 5:45pm MetCon* 6:30pm Zumba[®]</p>		<p>7</p> <p>5:40am MetCon* 8:30am Yoga 9:30am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 6:00pm Zumba[®] 7:00pm Group Cycling</p>		<p>8</p> <p>6:00am Group Cycling 8:00am Zumba[®] 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young</p>		<p>9</p> <p>5:40am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga Sculpt 6:30pm Barre-less Fusion</p>		<p>10</p> <p>6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More</p>		<p>11</p> <p>7:30am Group Cycling 8:30am Group Cycling 9:30am Zumba[®]</p>	
		<p>13</p> <p>6:00am Group Cycling 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 4:30pm Pilates & More 5:30pm Barre-less Fusion 5:45pm MetCon* 6:30pm Zumba[®]</p>		<p>14</p> <p>5:40am MetCon* 8:30am Yoga 9:30am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 6:00pm Zumba[®] 7:00pm Group Cycling</p>		<p>15</p> <p>6:00am Group Cycling 8:00am Zumba[®] 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young</p>		<p>16</p> <p>5:40am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga Sculpt 6:30pm Barre-less Fusion</p>		<p>17</p> <p>6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More</p>		<p>18</p> <p>7:30am Group Cycling 8:30am Group Cycling 9:30am Zumba Toning[®]</p>	
		<p>20</p> <p>6:00am Group Cycling 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 4:30pm Pilates & More 5:30pm Barre-less Fusion 5:45pm MetCon* 6:30pm Zumba[®]</p>		<p>21</p> <p>5:40am MetCon* 8:30am Yoga 9:30am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 6:00pm Zumba[®] 7:00pm Group Cycling</p>		<p>22</p> <p>6:00am Group Cycling 8:00am Zumba[®] 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young</p>		<p>23</p> <p>5:40am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga Sculpt 6:30pm Barre-less Fusion</p>		<p>24</p> <p>6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More</p>		<p>25</p> <p>7:30am Group Cycling 8:30am Group Cycling 9:30am Zumba[®]</p>	
		<p>27</p> <p>9:00am Group Cycling with Kelly 10:00am Yoga with Marlene</p>  <p>FITNESS CENTER OPEN: 7:00AM - 1:00PM</p>		<p>28</p> <p>5:40am MetCon* 8:30am Yoga 9:30am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 6:00pm Zumba[®] 7:00pm Group Cycling</p>		<p>29</p> <p>6:00am Group Cycling 8:00am Zumba[®] 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young</p>		<p>30</p> <p>5:40am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga Sculpt 6:30pm Barre-less Fusion</p>		<p>31</p> <p>6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More</p>			

GROUP FITNESS CLASS DESCRIPTIONS: Commerce Way

Aerobic Fusion: This class combines the essentials of fitness through a blend of low impact floor aerobics, cardio-box elements, muscle conditioning activities, and a few easy dance steps.*

Barre-less Fusion: This unique approach to barre workouts fuses Pilates, Yoga, Aerobics, and Strengthening exercises without the need for an actual barre. It delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape.*

Circuit Challenge: Challenge every muscle in your body with this dynamic class. You will work with light weights, balls, bands, and even your own body weight in this challenging circuit style class.*

Core, Cuts and Cycle: Participants will engage in traditional strength training exercises, using various equipment and their body weight, to strengthen the core and engage in a cardiovascular workout on the bike. All fitness levels are welcome.*

Forever Young: This class is a light aerobic workout for active adults. It is intended to improve balance, flexibility, and coordination.*

Group Cycling: Enjoy a fun and invigorating workout set to music. Designed to simulate outdoor cycling on a stationary cycle. Take pleasure in the benefits of a group training ride without the fear of keeping up!*

Max Fusion: This class is taking Aerobic Fusion to the MAX. Experience a blend of high intensity, yet low impact, cardio combined with intervals of upper and lower body strengthening done with your own body weight. (You should be able to get up and down from the floor frequently to get the most from this class.)*

MetCon: or "Metabolic Conditioning" refers to short bouts of high intensity exercise done in fast succession. It is designed to work all the body's energy systems in an intense, but efficient way. Experience a fantastic workout in 30 minutes or less. *(class meets on the turf)

MetCon classes are included in Elite/Sports Performance Memberships only.

Advanced MetCon: This is an advanced level class. You must be able to run at least 2 miles and be following a progressive strength training program. Please attend one of the other MetCon classes before attempting this class. (class meets on turf) **MetCon classes are included in Elite/Sports Performance Memberships only.**

Pilates & More: This class will incorporate elements of Stott Pilates and Yoga and is designed as a progressive two-month series. It progresses to the use of bands and stability balls. The class is designed to develop core strength, and improve posture, coordination, balance, overall strength, and flexibility. Exercises can be modified for all fitness levels. (Please see instructor prior to beginning classes)*

Yoga: A relaxing and refreshing addition to your week. This class emphasizes the harmonious balance between mind and body. Various poses will be utilized to improve postural alignment, body strength, and flexibility.*

Yoga Sculpt: Condition your body, build lean mass and improve bone density as you move through an innovative sequence blending core training, yoga, Pilates, isometrics and resistance training work. This class incorporates free weights (optional) and offers levels for both seasoned practitioners and newcomers.

Zumba@: Have fun dancing to this unique blend of Latin rhythms while receiving the body shaping benefits of a dynamic workout. Experience the dance styles of salsa, merengue, cumbia, and reggaeton.*

Zumba Toning@: Have fun dancing to this unique blend of Latin rhythms while receiving the body shaping benefits of a dynamic workout. In addition to a fantastic aerobic workout, this class will also use light hand weights to add a toning element.*