


GROUP FITNESS SCHEDULE: COMMERCE WAY
slhn.org/fitness
April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00am Cycle - Janice 9:30am MetCon* - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm Yoga - Stephanie 5:30pm MetCon* - Matt	2 6:00am Cycle - Peggy 9:00am MetCon* - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:15pm Youth Speed & Agility* 5:00pm Cycle - Kris	3 9:00am Cycle - Peggy 10:00am Core Strength Yoga - Peggy 5:00pm Sweat & Sculpt - Kris 5:30pm MetCon*- Jacinda	4 9:00am Pilates Plus - Sheryl 9:30am MetCon* -Alissa 4:15pm Youth Speed & Agility*	5 7:30am Cycle - Terry 9:00am Power Step - Kris 10:00am MetCon*
6 9:00am Functional Fitness - Matt	7 6:00am Cycle - Peggy 9:00am Fitness Fusion - Sheryl 9:15am MetCon* - Alissa 10:00am Body Balance - Sheryl 4:15pm Youth Speed & Agility* 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	8 9:00am Cycle - Janice 9:30am MetCon* - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm Yoga - Stephanie 5:30pm MetCon* - Matt	9 6:00am Cycle - Peggy 9:00am MetCon* - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:15pm Youth Speed & Agility* 5:00pm Cycle - Kris	10 9:00am Cycle - Peggy 10:00am Core Strength Yoga - Peggy 5:00pm Sweat & Sculpt - Kris 5:30pm MetCon*- Jacinda	11 9:00am Pilates Plus - Sheryl 9:30am MetCon* -Alissa 4:15pm Youth Speed & Agility*	12 7:30am Cycle - Terry 9:00am Power Step - Kris 10:00am MetCon*
13 9:00am Functional Fitness - Matt	14 6:00am Cycle - Peggy 9:00am Fitness Fusion - Sheryl 9:15am MetCon* - Alissa 10:00am Body Balance - Sheryl 4:15pm Youth Speed & Agility* 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	15 9:00am Cycle - Janice 9:30am MetCon* - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm Yoga - Stephanie 5:30pm MetCon* - Matt	16 6:00am Cycle - Peggy 9:00am MetCon* - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:15pm Youth Speed & Agility* 5:00pm Cycle - Kris	17 9:00am Cycle - Peggy 10:00am Core Strength Yoga - Peggy 5:00pm Sweat & Sculpt - TBD 5:30pm MetCon*- Jacinda	18 9:00am Pilates Plus - Sheryl 9:30am MetCon* -Alissa 4:15pm Youth Speed & Agility*	19 7:30am Cycle - Terry 9:00am Power Step - Kris 10:00am MetCon*
20 9:00am Functional Fitness - Matt  EASTER OPEN 7:00AM-1:00PM	21 6:00am Cycle - Peggy 9:00am Fitness Fusion - Sheryl 9:15am MetCon* - Alissa 10:00am Body Balance - Sheryl 4:15pm Youth Speed & Agility* 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	22 9:00am Cycle - Janice 9:30am MetCon* - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm Yoga - Stephanie 5:30pm MetCon* - Matt	23 6:00am Cycle - Peggy 9:00am MetCon* - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:15pm Youth Speed & Agility* 5:00pm Cycle - Kris	24 9:00am Cycle - Peggy 10:00am Core Strength Yoga - Peggy 5:00pm Sweat & Sculpt - Kris 5:30pm MetCon*- Jacinda	25 9:00am Pilates Plus - Sheryl 9:30am MetCon* -Alissa 4:15pm Youth Speed & Agility*	26 7:30am Cycle - Terry 9:00am Power Step - Kris 10:00am MetCon*
27 9:00am Functional Fitness - Matt	28 6:00am Cycle - Peggy 9:00am Fitness Fusion - Sheryl 9:15am MetCon* - Alissa 10:00am Body Balance - Sheryl 4:15pm Youth Speed & Agility* 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	29 9:00am Cycle - Janice 9:30am MetCon* - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm No Yoga Today 5:30pm MetCon* - Matt	30 6:00am Cycle - Peggy 9:00am MetCon* - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:15pm Youth Speed & Agility* 5:00pm Cycle - Kris			*Require Elite/Sports membership upgrade. See staff if you're interested in these classes

GROUP FITNESS CLASS DESCRIPTIONS: Commerce Way

Body Balance: Are you looking to improve your balance and coordination? Balance and strengthening (particularly core strength) exercises are key. This class will be done in the standing position, with light aerobics, cardio-box movements and mind-body elements, all designed to improve coordination, flexibility, balance & posture. Come ready for basic upper body strengthening with bands and weights too.

Cardio Sculpt: This class will be a mix of strength and cardio exercises. The Cardio will be primarily Zumba! Exercises can be modified for all ability levels.

Cycle: 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!

Fitness Fusion: A less-cardio-demanding version of Aerobic Fusion, with an emphasis on all aspects of fitness. It will include more strength, balance, flexibility and posture work, but will still include some cardio-box elements that you remember from Aerobic Fusion. Wednesday's class will end with mat work and planks so be sure to bring your mat!

Functional Fitness: This class is designed to train your body to perform movements required for daily-life tasks by incorporating multiple muscle groups at the same time. The goal is to gain strength, stability, and mobility to allow ourselves to move efficiently without injuries or pain. (class meets on the turf)

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. (class meets on the turf) ***Sports/Elite membership required**

Pilates/Barre Fusion: Bring your mat for a Core and More style workout with our Barre Above & Stott Pilates Certified Instructor. This class will feature a Fusion of Pilates, Ballet, Yoga and Strength Training.

Pilates Plus: This mid-level mat class will incorporate elements of Stott Pilates, as well as some Yoga poses. It is designed to increase your core strength, coordination, balance, flexibility and overall strength. Pilates is great for your posture as well.

Power Step: Fun step aerobics workout followed by muscle conditioning with hand weights.

Sweat & Sculpt: Get ready to tone and strengthen your muscles and your heart. This class will mix fun cardio with strength training and core work. All fitness levels are welcome, exercises can be modified as needed. Bring your mat if you have one!

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. All Fitness levels are welcome. Modifications can be given as needed.

Youth Speed & Agility: this class is designed for youth athletes that want to improve their speed and agility. ***Sports/Elite membership is required**