


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOURS OF OPERATION: MONDAY-FRIDAY: 5:00AM - 8:00PM SATURDAY & SUNDAY: 7:00AM - 4:00PM					1 9:00am Pilates Plus - Sheryl 10:00am MetCon - Roberto	2 7:30am NO Group Cycling Today
3	4 6:00am Cycle - Terry 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 10:00am MetCon - Roberto 5:30pm Zumba® - Sharon	5	6 6:00am Cycle - Terry 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 10:00am MetCon - Roberto 5:00pm Cycle - Kris	7 9:30am Cycle - Janice 5:00pm Sweat & Sculpt - Kris	8 9:00am Pilates Plus - Sheryl 10:00am MetCon - Roberto	9 7:30am Cycle - Cathy*
10	11 6:00am NO Group Cycling Today 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 10:00am MetCon - Roberto 5:30pm Zumba® - Sharon	12 ***NEW CLASS*** 5:30pm Yoga - Stephanie	13 6:00am Cycle - Terry 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 10:00am MetCon - Roberto 5:00pm Cycle - Kris	14 9:30am Cycle - Janice 5:00pm Sweat & Sculpt - Kris	15 9:00am Pilates Plus - Sheryl 10:00am MetCon - Roberto	16 7:30am Cycle - Terry
17	18 6:00am Cycle - Terry 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 10:00am MetCon - Roberto 5:30pm Zumba® - Sharon	19 5:30pm Yoga - Stephanie	20 6:00am Cycle - Terry 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 10:00am MetCon - Roberto 5:00pm Cycle - Kris	21 9:30am Cycle - Janice 5:00pm Sweat & Sculpt - Kris	22 9:00am Pilates Plus - Sheryl 10:00am MetCon - Roberto	23 7:30am Cycle - Terry
24	25 6:00am Cycle - Terry 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 10:00am MetCon - Roberto 5:30pm Zumba® - Sharon	26 5:30pm Yoga - Stephanie	27 6:00am Cycle - Terry 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 10:00am MetCon - Roberto 5:00pm Cycle - Kris	28 9:30am Cycle - Janice 5:00pm Sweat & Sculpt - Kris	29 9:00am Pilates Plus - Sheryl 10:00am MetCon - Roberto	30 7:30am Cycle - Terry
31 Happy Halloween! 	* Substitute Instructor					

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.

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!

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!

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.

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 overall strength. Pilates is great for your posture as well.

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!

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.

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.