

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00am Fitness Fusion - Sheryl 9:30am MetCon* - Alissa 10:00am Body Balance - Sheryl 4:30pm Youth Speed & Agility* 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	2 6:00am MetCon* - Matt 9:00am Body Sculpt - Janice 9:30am MetCon* - Alissa 10:00am Zumba - Cathy 5:30pm MetCon* - Kelsi	3 6:00am Cycle - Peggy 8:00am Functional Fitness - Matt 9:00am MetCon* - Matt 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:30pm Youth Speed & Agility* 5:00pm Cycle - Kris	4 9:30am MetCon* - Alissa 9:30am Cycle/Sculpt - Janice 10:30am Mobility & Strength - Matt 5:00pm Sweat & Sculpt - Kris 5:30pm MetCon*	5 9:00am Pilates Plus - Sheryl 9:30am MetCon* - Alissa	6 7:30am Cycle - Terry 9:00am Power Step - Kris 10:00am MetCon*
7 9:00am Functional Fitness - Matt	8 9:00am Fitness Fusion - Sheryl 9:30am MetCon* - Alissa 10:00am Body Balance - Sheryl 4:30pm Youth Speed & Agility* 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	9 6:00am MetCon* - Matt 9:00am Body Sculpt - Janice 9:30am MetCon* - Alissa 10:00am Zumba - Cathy 5:30pm MetCon* - Kelsi	10 6:00am Cycle - Peggy 8:00am Functional Fitness - Matt 9:00am MetCon* - Matt 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:30pm Youth Speed & Agility* 5:00pm Cycle - Kris	11 9:30am MetCon* - Alissa 9:30am Cycle/Sculpt - Janice 10:30am Mobility & Strength - Matt 5:00pm Sweat & Sculpt - Kris 5:30pm MetCon*	12 9:00am Pilates Plus - Sheryl 9:30am MetCon* - Alissa	13 7:30am Cycle - Kelly 9:00am Power Step - Kris 10:00am MetCon*
14 9:00am Functional Fitness - Matt	15 9:00am Fitness Fusion - Sheryl 9:30am MetCon* - Alissa 10:00am Body Balance - Sheryl 4:30pm Youth Speed & Agility* 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	16 6:00am MetCon* - Matt 9:00am Body Sculpt - Janice 9:30am MetCon* - Alissa 10:00am Zumba - Cathy 5:30pm MetCon* - Kelsi	17 6:00am Cycle - Peggy 8:00am Functional Fitness - Matt 9:00am MetCon* - Matt 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:30pm Youth Speed & Agility* 5:00pm Cycle - Kris	18 9:30am MetCon* - Alissa 9:30am Cycle/Sculpt - Janice 10:30am Mobility & Strength - Matt 5:00pm Sweat & Sculpt - Kris 5:30pm MetCon*	19 9:00am Pilates Plus - Sheryl 9:30am MetCon* - Alissa	20 7:30am Cycle - Kris 9:00am Power Step - Kris 10:00am MetCon*
21 9:00am Functional Fitness - Matt	22 9:00am Fitness Fusion - Sheryl 9:30am MetCon* - Alissa 10:00am Body Balance - Sheryl 4:30pm Youth Speed & Agility* 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kris	23 6:00am MetCon* - Matt 9:00am Body Sculpt - Janice 9:30am MetCon* - Alissa 10:00am Zumba - Cathy 5:30pm MetCon* - Kelsi	24 6:00am Cycle - Peggy 8:00am Functional Fitness - Matt 9:00am MetCon* - Matt 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:30pm Youth Speed & Agility* 5:00pm Cycle - Kelly	25 9:30am MetCon* - Alissa 9:30am Cycle/Sculpt - Janice 10:30am Mobility & Strength - Matt 5:00pm Sweat & Sculpt - Peggy 5:30pm MetCon*	26 9:00am Pilates Plus - Sheryl 9:30am MetCon* - Alissa	27 7:30am Cycle - Terry 9:00am Power Step - Peggy 10:00am MetCon*
28 9:00am Functional Fitness - Matt	29 9:00am Fitness Fusion - Sheryl 9:30am MetCon* - Alissa 10:00am Body Balance - Sheryl 4:30pm Youth Speed & Agility* 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	30 6:00am MetCon* - Matt 9:00am Body Sculpt - Janice 9:30am MetCon* - Alissa 10:00am Zumba - Cathy 5:30pm MetCon* - Kelsi				*Requires 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.

Body Sculpt: Full-body strength training class. Adaptable for all Fitness 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!

Cycle & Sculpt: 30 minutes of cycling + 30 minutes of Body Sculpt

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**

Mobility & Strength: This is a joint friendly class that will help reduce stiffness, prevent injury and improve posture for everyday movements and comfortability. Includes exercises to improve stability, balance, core strength and will incorporate strength training using bodyweight or light weight exercises. Appropriate for all fitness levels.

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**

Zumba: High-energy, Latin-inspired dance-fitness party that fuses aerobic interval training with easy-to-follow choreography, combining salsa, merengue, hip-hop, and other styles to create a fun, full-body workout for all fitness levels