


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>6:00am</b> Cycle - Peggy <b>8:00am</b> Functional Fitness - Matt <b>9:00am</b> MetCon* - Matt <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Youth Speed & Agility* <b>5:00pm</b> Cycle - Kris	<b>2</b> <b>9:30am</b> MetCon* - Alissa <b>9:30am</b> Cycle/Sculpt - Janice <b>10:30am</b> Mobility & Strength - Matt <b>5:00pm</b> Sweat & Sculpt - Kris <b>5:30pm</b> MetCon*	<b>3</b> <b>9:00am</b> Pilates Plus - Sheryl <b>9:30am</b> MetCon* -Alissa	<b>4</b> <b>7:30am</b> Cycle - Terry <b>9:00am</b> Power Step - Kris <b>10:00am</b> MetCon*
<b>5</b> <b>9:00am</b> Functional Fitness - Matt 	<b>6</b> <b>9:00am</b> Fitness Fusion - Sheryl <b>9:30am</b> MetCon* - Alissa <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Youth Speed & Agility* <b>4:30pm</b> Pilates/Barre Fusion - Sheryl <b>5:30pm</b> Cycle - Kelly	<b>7</b> <b>6:00am</b> MetCon* - Matt <b>9:00am</b> Body Sculpt - Janice <b>9:30am</b> MetCon* - Alissa <b>10:00am</b> Zumba - Cathy <b>5:30pm</b> MetCon* - Kelsi	<b>8</b> <b>6:00am</b> Cycle - Peggy <b>8:00am</b> Functional Fitness - Matt <b>9:00am</b> MetCon* - Matt <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Youth Speed & Agility* <b>5:00pm</b> Cycle - Kris	<b>9</b> <b>9:30am</b> MetCon* - Alissa <b>9:30am</b> Cycle/Sculpt - Janice <b>10:30am</b> Mobility & Strength - Matt <b>5:00pm</b> Sweat & Sculpt - Kris <b>5:30pm</b> MetCon*	<b>10</b> <b>9:00am</b> Pilates Plus - Sheryl <b>9:30am</b> MetCon* -Alissa	<b>11</b> <b>7:30am</b> Cycle - Terry <b>9:00am</b> Power Step - Kris <b>10:00am</b> MetCon*
<b>12</b> <b>9:00am</b> Functional Fitness - Matt	<b>13</b> <b>9:00am</b> Fitness Fusion - Sheryl <b>9:30am</b> MetCon* - Alissa <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Youth Speed & Agility* <b>4:30pm</b> Pilates/Barre Fusion - Sheryl <b>5:30pm</b> Cycle - Kelly	<b>14</b> <b>6:00am</b> MetCon* - Matt <b>9:00am</b> Body Sculpt - Janice <b>9:30am</b> MetCon* - Alissa <b>10:00am</b> Zumba - Cathy <b>5:30pm</b> MetCon* - Kelsi	<b>15</b> <b>6:00am</b> Cycle - Peggy <b>8:00am</b> Functional Fitness - Matt <b>9:00am</b> MetCon* - Matt <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Youth Speed & Agility* <b>5:00pm</b> Cycle - Kris	<b>16</b> <b>9:30am</b> MetCon* - Alissa <b>9:30am</b> Cycle/Sculpt - Janice <b>10:30am</b> Mobility & Strength - Matt <b>5:00pm</b> <b>Sweat &amp; Sculpt - Kathy G.</b> <b>5:30pm</b> MetCon*	<b>17</b> <b>9:00am</b> Pilates Plus - Sheryl <b>9:30am</b> MetCon* -Alissa	<b>18</b> <b>7:30am</b> Cycle - Terry <b>9:00am</b> Power Step - Kris <b>10:00am</b> MetCon*
<b>19</b> <b>9:00am</b> Functional Fitness - Matt	<b>20</b> <b>9:00am</b> Fitness Fusion - Sheryl <b>9:30am</b> MetCon* - Alissa <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Youth Speed & Agility* <b>4:30pm</b> Pilates/Barre Fusion - Sheryl <b>5:30pm</b> Cycle - Kelly	<b>21</b> <b>6:00am</b> MetCon* - Matt <b>9:00am</b> Body Sculpt - Janice <b>9:30am</b> MetCon* - Alissa <b>10:00am</b> Zumba - Cathy <b>5:30pm</b> MetCon* - Kelsi	<b>22</b> <b>6:00am</b> Cycle - Peggy <b>8:00am</b> Functional Fitness - Matt <b>9:00am</b> MetCon* - Matt <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Youth Speed & Agility* <b>5:00pm</b> Cycle - Kris	<b>23</b> <b>9:30am</b> MetCon* - Alissa <b>9:30am</b> Cycle/Sculpt - Janice <b>10:30am</b> Mobility & Strength - Matt <b>5:00pm</b> Sweat & Sculpt - Kris <b>5:30pm</b> MetCon*	<b>24</b> <b>9:00am</b> Pilates Plus - Sheryl <b>9:30am</b> MetCon* -Alissa	<b>25</b> <b>7:30am</b> Cycle - Terry <b>9:00am</b> Power Step - Kris <b>10:00am</b> MetCon*
<b>26</b> <b>9:00am</b> Functional Fitness - Matt	<b>27</b> <b>9:00am</b> Fitness Fusion - Sheryl <b>9:30am</b> MetCon* - Alissa <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Youth Speed & Agility* <b>4:30pm</b> Pilates/Barre Fusion - Sheryl <b>5:30pm</b> Cycle - Kelly	<b>28</b> <b>6:00am</b> MetCon* - Matt <b>9:00am</b> Body Sculpt - Janice <b>9:30am</b> MetCon* - Alissa <b>10:00am</b> Zumba - Cathy <b>5:30pm</b> MetCon* - Kelsi	<b>29</b> <b>6:00am</b> Cycle - Peggy <b>8:00am</b> Functional Fitness - Matt <b>9:00am</b> MetCon* - Matt <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Youth Speed & Agility* <b>5:00pm</b> Cycle - Kris	<b>30</b> <b>9:30am</b> MetCon* - Alissa <b>9:30am</b> Cycle/Sculpt - Janice <b>10:30am</b> Mobility & Strength - Matt <b>5:00pm</b> Sweat & Sculpt - Kris <b>5:30pm</b> MetCon*	<p><b>*Requires Elite/Sports membership upgrade. See staff if you're interested in these classes</b></p>	

## **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