

## Gentle YOGA

This gentle vinyasa flow combines movement with breath for a deeply transformative experience. Blocks and mats available however, you are welcome and encouraged to bring your own. Bring a blanket for final relaxation.



Simple movement patterns to help improve athletic conditioning. With basic equipment - steps and dumbbells, you've got a 3-in-1 class at your fingertips. Designed to get you moving in all planes and ranges of motion, with a few surprises thrown in to keep you on your toes. We encourage you to adapt the moves to suit your need and move at your own pace.



The energizing workout that makes you feel alive! Using a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body



RIP is a barbell workout that incorporates functional orthopedic strength training. Every movement and plane is attacked using weights and bodyweight. Featuring safe, motivating exercises and great music to create a thrilling group Fitness atmosphere.



Exercising muscles around the core, provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. You will work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. This class is always 30minutes.



## SPIN

Indoor cycling classes are done in a fitness studio, with a variety of music to create an energized atmosphere. Instructors guide participants through workout phases. Warm-up, steady up-tempo cadences, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose.



This cycling workout delivers maximum results with minimum impact on your joints while burning upwards of \*500 calories. Tune in to some great music and get your pedals spinning on a journey of hill climbs, sprints and flat riding.



This is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike. It's an intense style of training that combines bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

**All group fitness classes are suitable for all fitness levels!**



## STRETCH

In this 20-minute class we focus on improving mobility, flexibility and balance by using a variety of moves, sequences and basic yoga Poses to help you move better in daily life! All while listening to music that will help you unwind. If you work out you need this in your life!

## Cardio Fitness

Journey through a 45min workout with a mix of cardio, Pilates, body weight exercises and yoga.



# GROUP FITNESS SCHEDULE

Effective September 8, 2025

Group Fitness Questions?  
e-mail Jackie Fontaine  
jaclynmfontaine@gmail.com

Classes are included with gym membership

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPRINT @5:45 A.M. W/KLW	SPRINT @9 A.M. W/Mike	SPIN @5:45 A.M. W/Kharissa	SPRINT @9 A.M. W/Mike	SPIN @5:45 A.M. W/Kharissa	Power Step @8:15 A.M. W/Danielle	SPRINT @8:15 A.M. W/KLW
Rev @9A.M. W/Jackie	Rip @5:30 P.M. W/Ashley	Rip @9 A.M. w/Jackie	CORE @9:35 A.M. W/Noelle	Group Active @9 A.M. W/Jackie	Rip @9 A.M. W/Ashley	CORE @8:55 A.M. W/Jamie
Gentle Yoga (45 min) @9:50 A.M. W/Jackie	<b>New Day!</b> ←	Stretch 20 Min @10 A.M. W/Jackie	Group Active @5:30 P.M. W/Krystal	SPRINT @5:30 P.M. W/KLW /Jamie		Group Active @9:30 A.M. W/Jamie
Cardio Fitness @5:30 P.M. W/Jamie/ Krystal		Rev @5:30 P.M. W/Jamie				
20 Min Stretch @6:15 P.M. W/Jamie/ Krystal	<i>Not a Member? Enjoy a \$15.00 Drop In for classes</i>					