



Combined Conditioning

BARBELL CLUB

Master the basics and learn new ways to challenge yourself in this open format weightlifting class.

BARRE FUSION

Free weights and body weight moves with a focus on total body strength. (Tuesday sessions focus on Lower Body moves while Wednesday sessions focus on Upper Body).

CORE & MORE

The first half will be CORE work hitting low back and abdominals. The second will include MORE upper and lower body with a few cardio bursts to get that metabolic rate revved up.

ENERGY CIRCUIT

A high energy rotation of strength training, cardio and body weight exercises that will strengthen and define your muscles and keep your heart rate elevated for max calorie burn.

KICKBOXING

A blend of athletic drills and martial arts to create an intense total body workout.

MMA CONDITIONING

Mixed martial arts inspired exercises are matched with kickboxing drills and boot camp style calisthenics bringing you an intense, high energy, total body workout.

POWER HOUR

Cardio exercises combined with kettlebells, dumbbells and plyometric strength exercises. Burn and sweat!

SCORE (Strength/Cardio/Core)

Improve performance in your everyday activities with this blend of whole body functional movements. This class utilizes interval, agility, and core toning and strength movements for the athlete in all of us.

SHED CLUB*

An energetic, fun and challenging program designed to shed those unwanted pounds and get stronger! Program includes large group training designed for your individual results in a motivational, team environment.

Cardiovascular Conditioning

CYCLE CIRCUIT Fuses indoor cycling with indoor resistance training, core strengthening and flexibility.

MASTERS SWIMMING* Take your skills to the next level with this challenging program designed for those who are able to swim at least 200 yards without rest.

SPINERGY Take a break from your work day and boost your energy with this high intensity, fat burning class on the spin bikes!

SUNRISE SPIN Awaken your senses and start the day with this invigorating and energizing cycling class.

SUNSET SPIN Get ready to get off the saddle and ROCK! End your day the right way with this high intensity calorie burning cycling class.

SWIM ESSENTIALS Get comfortable in the pool and brush up your technique.

Mind and Body

ASHTANGA YOGA

Ashtanga Yoga involves synchronizing the breath with a progressive series of postures – a process producing intense internal heat and a profuse purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

BARRE

An energetic, sweaty fusion of Pilates, ballet- inspired movements, and yoga; all set to fast-paced, hip music. Weights and bands add cardio conditioning and total body toning.

FLOW YOGA

This yoga class is designed to get you moving, breathing, and sweating by incorporating more challenging postures such as creative standing balance, arm balancing, and inversions.

PILATES

Pilates mat exercises stretch and engage every muscle in your body with special emphasis on your core.

POWER YOGA

An athletic style of vinyasa yoga, strongly rooted in traditional Ashtanga. Participants move through a series of postures combining movement with breath, while building strength and flexibility. Best for those with previous yoga experience, or the adventurous beginner.

RESTORATIVE YOGA

A gentle yoga practice using pillows and props to aid the body in releasing tension and enhancing range of motion through extended time in relaxing poses. Beneficial to students looking for calm and renewed adaptations of classic Yoga poses.

SUNRISE YOGA

An all levels class providing a good stretch in the morning and more energy for the day. This class includes body alignment, breathing, and relaxation.

STRETCH & RELEASE

All level class that encourages the integration of foam rolling, dynamic stretching and increasing flexibility.

VINYASA YOGA

A yoga experience focusing on sequential movement and postures to form a continuous flow

Class Guidelines

Classes and instructors are subject to change without notice.

If you are pregnant, have other medical changes that may affect your workout, or - if it is your first time in class, please inform the instructor.

Please arrive on time. For safety, no one will be permitted to enter class after the warm-up.

Please return all equipment to its proper storage area.

If you must exit class early, please notify the instructor to let them know you are OK.

Always work at your own pace, and HAVE FUN!

Our Shed Club Large Group Training and Masters Swimming programs require an additional monthly or quarterly fee respectively. Please email us for more information. Your first class is always complimentary!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
6:00-6:55A SUNRISE YOGA Group Fitness Studio Christina	6:00-6:55A BARRE FUSION Group Fitness Studio Carmel	6:00-6:55A BARRE FUSION Group Fitness Studio Carmel		6:00-6:55A SUNRISE YOGA Group Fitness Studio Christina	8:00-8:55A SPINERGY Spin Cabanas Avegail / Steve	
6:00-6:55A CORE & MORE Pool Deck Carmel	6:00-6:55A SUNRISE SPIN Spin Cabanas Avegail		6:00-6:55A SUNRISE SPIN Spin Cabanas Avegail	6:00-6:55A KICKBOXING Poolside Turf Frances	9:00-9:55A VINYASA YOGA Group Fitness Studio Nicole	
7:00-7:55A POWER HOUR Poolside Turf Dan	6:30-7:25A SWIM ESSENTIALS Pool Kristina	7:00-7:55A POWER HOUR Pool Deck Dan	6:30-7:25A SWIM ESSENTIALS Pool Kristina	7:00-7:55A POWER HOUR Poolside Turf Dan	9:00-9:55A POWER HOUR Poolside Turf Dan	9:00-9:55A ENERGY CIRCUIT Poolside Turf Frances
	7:00-7:55A SUNRISE YOGA Group Fitness Studio Christina		7:00-7:55P SUNRISE YOGA Group Fitness Studio Susie		10:00-10:55A POWER HOUR Poolside Turf Dan	10:00-10:55A FLOW YOGA Group Fitness Studio Susie
7:30-8:25A MASTERS SWIMMING* Pool Kristina		7:30-8:25A MASTERS SWIMMING* Pool Kristina		7:30-8:25A MASTERS SWIMMING* Pool Kristina	10:00-10:55A BARRE Group Fitness Studio Andrea	
11:00-11:55A SHED CLUB* Group Fitness Studio Matthew	11:00-11:55A SHED CLUB* Group Fitness Studio Matthew	11:00-11:55A SHED CLUB* Group Fitness Studio Matthew	11:00-11:55A SHED CLUB* Group Fitness Studio Matthew	11:00-11:55A SHED CLUB* Group Fitness Studio Matthew	11:00-11:55P PILATES Group Fitness Studio Andrea	
AFTERNOON						
12:00-12:55P SPINERGY Spin Cabanas Steve	12:00-12:55P SCORE Poolside Turf Lisa	12:00-12:55P SPINERGY Spin Cabanas Steve	12:00-12:55P SCORE Poolside Turf Lisa	12:00-12:55P SPINERGY Spin Cabanas Steve		
12:00-12:55P VINYASA YOGA Group Fitness Studio Sheri	12:00-12:55P BARRE Group Fitness Studio Andrea	12:00-12:55P PILATES Group Fitness Studio Secil	12:00-12:55P BARRE Group Fitness Studio Andrea	12:00-12:55P VINYASA YOGA Group Fitness Studio Karen		
1:00-1:55P SHED CLUB* Group Fitness Studio Matthew	1:00-1:55P SHED CLUB* Group Fitness Studio Matthew	1:00-1:55P SHED CLUB* Group Fitness Studio Matthew	1:00-1:55P SHED CLUB* Group Fitness Studio Matthew	1:00-1:55P SHED CLUB* Group Fitness Studio Matthew		
1:00-1:55P MMA CONDITIONING Poolside Turf George	1:00-1:55P CYCLE CIRCUIT Spin Cabanas Sofie	1:00-1:55P MMA CONDITIONING Poolside Turf George	1:00-1:55P CYCLE CIRCUIT Spin Cabanas Sofie	1:00-1:55P MMA CONDITIONING Poolside Turf George		
			1:00-1:55P BARBELL CLUB Outdoor Turf Kat	2:00-2:55P PILATES Group Fitness Studio Secil		
EVENING						
		4:30-5:25P STRETCH & RELEASE Group Fitness Studio Lisa		5:00-5:55P POWER HOUR Poolside Turf Dan		
5:30-6:25P POWER YOGA Group Fitness Studio Karen	5:30-6:25P VINYASA YOGA Group Fitness Studio Kim	5:30-6:25P FLOW YOGA Group Fitness Studio Nicole	5:30-6:25P RESTORATIVE YOGA Group Fitness Studio Sheri	5:30-6:25P ASHTANGA YOGA Group Fitness Studio Christina		
5:30-6:25P POWER HOUR Poolside Turf Dan	5:30-6:25P POWER HOUR Poolside Turf Dan	5:30-6:25P POWER HOUR Poolside Turf Dan	5:30-6:25P POWER HOUR Poolside Turf Dan			
6:30-7:25P BARRE Group Fitness Studio Frances	6:30-7:25P ASHTANGA YOGA Group Fitness Studio Christina	6:30-7:25P BARRE Group Fitness Studio Andrea	6:30-7:25P VINYASA YOGA Group Fitness Studio Katrina			
6:30-7:25P SUNSET SPIN Spin Cabanas LoLo	6:30-7:25P ENERGY CIRCUIT Poolside Turf Frances	6:30-7:25P SUNSET SPIN Spin Cabanas LoLo	6:30-7:25P ENERGY CIRCUIT Poolside Turf Frances			