

SUMMER STUDIO SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:00 am TRX Tabata w/Jessica	5:45 am Cycling w/Sarah	5:30 - 6:00 am TRX Tabata w/Jynell	6:00 am Cycling w/Sarah	5:30 - 6:00 am TRX Tabata w/Jessica		9:15 am Advanced Pilates w/Angie (Gym)
				6:15 am Cycling w/Jen	9:00 am Cycling Instructor Rotates	9:30 am Cycling w/Sarah
8:30 am Yoga w/ Carol		8:30 am Yoga w/ Carol		9:00am Yoga-lates w/Angie	10:15 am Yoga Instructor Rotates	
			5:15 pm TRX w/ Tiffany			
5:15 pm - 6:15 pm Cycling w/Ellen	5:15 pm Pilates w/ Angie	5:15 Cycling w/ Donna	6:15 pm Pilates w/ Ellen			
6:30 pm Outdoor/Indoor Cycling w/Donna Participants need to bring bike	6:30 pm Cycling w/Kevin	6:30 pm Yoga w/Angie	7:00 pm Cycling w/Kevin			

Cycling Classes

Sometimes referred to as "Spinning," Indoor Cycling is a fitness class that is performed on stationary bikes to music. Instructors will guide you through an entire biking adventure that will challenge the most fit, but is very modifiable for those that are just starting their fitness journey. You'll have a ton of fun while enjoying a great ride time after time, not to mention burning an enormous

Cycling Fees:

Members \$4.00 per class

Non-Members \$10.00 per class

***Temporary Membership Card-Holders must pay
Non-Member Price***

**RESERVATIONS CAN BE MADE AFER 12:00 PM ON
THE DAY BEFORE THE CLASS MEETS
(for ex. Mon. at noon for Tuesday class)**

TRX Classes

TRX - Total Resistance Training

TRX, or Total Resistance Exercise, is a suspension training system that allows you to use your own body weight, and gravity for a great strength workout. Using the TRX Suspension Trainer will help you build strength, coordination, flexibility, balance, and joint stability.

TRX TABATA

A Tabata Interval also called a Tabata Sequence is an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes.

**ESERVATIONS CAN BE MADE AFER 1:00 PM ON THE
DAY BEFORE THE CLASS MEETS
(for ex. Mon. at 1pm for Tuesday class)**