


Green Room Schedule



Updated at www.fitnessforlife.biz

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|-----------------------------------|------------------------------------|--------------------------------------|--------------------------------------|-----------------------------------|--|--------|
| | Open | Open | Open | Open | Open | Open | Open |
| 7:15am | Muscle Up 7:15am (Debbie) | | Muscle Up 7:15am (Debbie) | | | Spinning 7:30am (Kristin) | |
| 8:30am | Muscle Pump (Jan) | Circuit Training (Stacey) | Muscle Pump (Jan) | Circuit Training (Joni) | Heart and Muscle Pump (Jan) | Boot Camp 9:00am (Stacey / Larisa) | |
| 10:00am | Body Sculpt (Stacey) | ReFit (Desiree') | Circuit Training (Nick) | Zumba (Paula) | Pilates (Joni) | | |
| 11 – 6:00pm | SilverSneakers Yoga (11:15) | Open 11-12:50pm | Open 11:00-12:50pm | SilverSneakers 11:30 (Vita) | Open at 11am | Yoga 10:30am (Julia) | |
| | Open 12-6pm | SilverSneakers 1:05pm (Lyle) | SilverS. Circuit 1:05pm (Lyle) | SilverSneakers 1:05pm (Debbie) | | Open at 11:30am | |
| | | Open 2-6pm | Open 2-6pm | Open 2-6pm | | | |
| 6:00pm | Basic Training (Nick) | Boot Camp (Nick) | Yoga (Julia) | Basic Training (Larisa) | | | |
| 7:00pm | Open | Open | Open | Open | | | |

To book a class, download the app, StudioBookings  on your phone or device. Set up your account using an email address to receive notifications (cancellations, etc.). After making Fitness for Life your home gym, you'll be able to access the calendar. Classes can be booked 24 hours in advance. There is a four (4) person minimum attendance per class, or cancellation *may* occur. If you can't make a class, make sure to cancel your reservation, or a \$5 "no-show fee" may be charged to your account. To cancel a reservation (available up to 1 hour prior to class), hit the "Book class" button again to confirm cancellation.

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| Circuit Training | Optimal fitness relies on high intensity interval training. Circuit training involves rotating around the room to different exercise stations. Utilizing a plethora of equipment such as TRX, kettlebells, medicine balls, etc., this is your go-to class for total body fitness. We provide low-impact and scaled movements to cater to all fitness levels. |
| Muscle Pump | This is a single-station, strength training class. It involves choreographed strength moves in an energetic, fast-paced setting for a total body workout. During busy months (Jan-Mar), we may cap class participation to 9 per month if demand requires. |
| Body Sculpt / Basic Training | This is a single-station strength training class. This muscle-centric, slower-paced workout challenges you to use heavier weights and longer rest intervals compared to our circuit classes. |
| Zumba | A fun and fast aerobic dance class that combines Latin music and Latin moves. |
| ReFIT | ReFIT is a group exercise dance workout and hip-hop fitness class. |
| Spinning | The always popular spin class will leave you in a heaping puddle of sweat. Climb, sprint, and race your way to cycling fitness. |
| Yoga | Our basic Yoga classes blend elements of balance, strength, and flexibility for all levels. Mats are available in the gym, or you can bring your own. |
| Silversneakers | Designed for the senior looking to build functional strength and balance, this 45-minute class will help fill in the gaps of fitness that strength machines leave behind. |
| Pilates | Described as the art of controlled movements, Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. This is a floor-based class. Mats are available in the gym, or you can bring your own. |
| Boot Camp | Get military fit with this class that utilizes body weight, sleds, tire-flips, shuttle-runs, sledge hammers, and other similar moves for complete functional fitness. This is a multi-station, circuit-style class. |
| Core+ | A high intensity class that blends cardio, strength training, mobility, and breathing into a beat-driven format that leaves you feeling refreshed, challenged, and strong. |