


# Green Room Schedule



Updated at [www.fitnessforlife.biz](http://www.fitnessforlife.biz)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open	Open	Open	Open	Open	Open	Open
7:15am	Muscle Pump 7:15am (Debbie)		Muscle Pump 7:15am (Debbie)			Spinning 7:30am (Kristin)	
8:30am	Muscle Pump (Jan)	Interval Training (Stacey)	Muscle Pump (Jan)	Circuit Training (Lyle)	Heart and Muscle Pump (Jan)	Boot Camp 9:00am (Stacey / Lyle)	
10:00am	Body Sculpt (Stacey)	ReFit (Desiree')	Circuit Training (Lyle)	Zumba (Paula)	Core & Stretch (Stacey)		
11 – 6:00pm	Senior Chair Yoga 11:30 (Julia)	Open 11-12:50pm	Open 11:00-12:50pm	SilverSneakers 11:30 (Vita)	Open at 11am	Yoga 10:30am (Julia)	
	Open 12-6pm	SilverSneakers 1:00pm (Debbie)	Senior Circuit 1:00pm (Lyle)	SilverSneakers 1:00pm (Lyle)		Open at 11:30am	
		Open 2-6pm	Open 2-6pm	Open 2-6pm			
6:00pm	Strength Circuit (Lyle)	Cardio Boot Camp (Lyle)	Yoga (Julia)	Body Sculpt (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.

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.
Strength Circuit	A slow-paced strength-training class where students rotate around the room to different exercises. This class utilizes a variety of equipment for a big-movement, muscle-centric workout.
Interval Training	This is a single-station class intended to provide high intensity interval training for students. The emphasis is on muscle burn and metabolic training.
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.
Heart & Muscle Pump	This is a hybrid class involving aerobic stepping, with some strength training.
Body Sculpt	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. Easy choreography.
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 is a chair-based exercise class utilizing dumbbells, resista-bands, and inflatable balls. Our circuit format is available on Wednesdays.
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.
Core & Stretch	Floor exercises for the trunk to develop core strength and flexibility.
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.