



# WEEKLY SCHEDULE

- PALISADE ROOM
- ALPINE ROOM
- BRIDGERS ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 - 11:00 AM	6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:25 AM	7:00 - 7:50 AM
<b>LEVEL 2 YOGA</b> Meg	<b>LEVEL 2 BOOTCAMP</b> Amy	<b>CYCLE</b> Azure	<b>LEVEL 2 BOOTCAMP</b> Amy	<b>THE AB LAB</b> Tana	<b>FULL BODY CONDITIONING</b> Shirley
	7:00 - 7:50 AM	6:00 - 7:00 AM	9:00 - 9:50 AM	6:00 - 7:00 AM	9:00 - 10:00 AM
	<b>PILATES PLUS</b> Shirley	<b>SUNRISE YOGA</b> Crystal	<b>TONE &amp; FIT</b> Britainey	<b>SUNRISE YOGA</b> Crystal	<b>LEVEL 1 PILATES MAT</b> Meredith
	9:00 - 10:00 AM	9:00 - 10:00 AM	9:00 - 9:50 AM	9:00 - 10:00 AM	
	<b>STEP &amp; TONE</b> Britainey	<b>LEVEL 2 PILATES MAT</b> Cybil	<b>LEVEL 1 PILATES</b> Meredith	<b>LEVEL 2 PILATES MAT</b> Cybil	
	10:00 - 10:30 AM	5:30 - 6:20 PM	10:00 - 10:30 AM	12:00 - 1:00 PM	
	<b>CIRCL MOBILITY</b> Britainey	<b>LEVEL 1 BOOTCAMP</b> Gabe	<b>CIRCL MOBILITY</b> Britainey	<b>LEVEL 1 YOGA</b> Meg	
	5:30 - 6:30 PM	5:30 - 6:30 PM	5:15 - 6:15 PM	5:30 - 6:25 PM	
	<b>MULTILEVEL YOGA</b> Brittany	<b>LEVEL 2 YOGA</b> Meg	<b>LEVEL 2 PILATES MAT</b> Meredith	<b>LEVEL 2 BOOTCAMP</b> Gabe	
	5:30 - 6:20 PM		5:30 - 6:15 PM	5:30 - 6:30 PM	
	<b>CYCLE</b> Amy		<b>ZUMBA</b> Halley	<b>MULTILEVEL YOGA</b> Jeanna	
			6:15 - 7:00 PM		
			<b>POUND</b> Halley		

**The Ab Lab** - Through intentional movements and progressive challenges, this ab class delivers a fun, high-energy core workout. You'll build a strong foundation that supports overall performance and injury prevention while targeting your core with a variety of dynamic exercises.

**Bootcamp Level 1**- Build your foundation with a fun, supportive workout focused on proper form, technique, and confidence. You'll learn the basics of strength, stamina, and mobility using bodyweight, resistance bands, and light weights—with plenty of modifications to match your fitness level. This class is designed to teach, encourage, and help you progress safely while still breaking a sweat!

**Bootcamp Level 2**- Push past your limits with this high-energy workout designed to build strength, stamina, and mental grit. Using free weights, resistance bands, and bodyweight, you'll power through circuits, Tabata, and agility drills that challenge balance, speed, and endurance. This class is all about stepping out of your comfort zone, training smarter, and getting results—perfect for those ready to take their fitness to the next level.

**CIRCL Mobility**- a low-impact fitness program that focuses on improving flexibility and mobility by moving joints through their full range of motion and lengthening tight muscles. Helps participants move better, reduce stress, and improve overall well-being. This class is designed to accommodate all fitness levels.

**Cycle**- End your Monday on a high note with Amy or start your day right with Azure for their cycle classes designed to challenge your cardiovascular endurance and leave you feeling energized. With motivating music and an upbeat atmosphere, you'll push your limits, burn calories, and improve your stamina, all while building strength in your legs, core, and lower body. Perfect for all fitness levels, this class will help you reset after the workday or set the tone for the day ahead.

**Multilevel Yoga**- An energizing class with modifications and variations so all levels feel welcome. Strength, stretch, and balance, modifications make it supportive for all participants.

**Pilates Plus**- A dynamic Mat Pilates class enhanced with resistance bands, targeted stretches, and mobility exercises to take your practice further. Strengthen your core, improve flexibility, and increase joint mobility while moving through sequences that challenge balance and body control. Modifications are provided so this class is accessible to all levels, making it perfect for those looking to deepen their practice and feel energized.

**Pilates level 1**- A beginner-friendly Mat Pilates class designed to build a strong foundation while giving you a full-body, energizing workout. Focus on learning the basics, proper form, and alignment as you move through mat exercises that strengthen your core, improve flexibility, and enhance overall body awareness. Modifications are offered to make it accessible for all fitness levels while keeping you engaged and challenged

**Pilates Level 2**- Take your Mat Pilates practice to the next level with a class designed to challenge strength, stability, and flexibility. You'll flow through more dynamic exercises and sequences that target the core, improve posture, and enhance full-body control. Modifications are offered as needed, but a basic understanding of Pilates fundamentals is recommended for this energizing, results-focused workout

**Step & Tone**- Step and tone is an easy to follow cardio and toning workout using a step and dumbbells. This combination of cardio and strength exercises helps to improve cardiovascular endurance, burn calories, and tone and strengthen the muscles, creating a lean and sculpted physique. With energetic music and an enthusiastic instructor, Step and Tone provides a fun and engaging way to achieve a total body workout.

**Tone & Fit**- a gentle, low-impact class designed for seniors and beginners. With lots of modifications offered, this class focuses on balance, mobility, and gentle strength. Participants will build stability, improve flexibility, and maintain functional strength for everyday activities—all at a comfortable and supportive pace.

**Yoga Level 1**- Revitalize your body, relax your mind, and reduce stress in this yoga class. standing flows and floor poses will help to increase your strength and stability, and improve breath capacity. This class will also improve flexibility and restores joint range of motion. A variety of pose options are offered based on the needs of the class. This class is for good for all levels of fitness.

**Yoga Level 2**- An energizing, athletic-style yoga class designed to challenge strength, stamina, and flexibility. Expect powerful flows, longer holds, and creative transitions that feel like both a workout and a moving meditation. This class builds heat, balance, and core stability while refining alignment—perfect for those ready to sweat, strengthen, and stretch beyond the basics.

**Zumba**- Classes feature exhilarating latin inspired dance moves set to high-energy music. Before participants know it, they're getting fit and their energy levels are soaring!