WEEKLY SCHEDULE

- PALISADE ROOM
- ALPINE ROOM
- BRIDGERS ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 11:00 AM **LEVEL 2 YOGA** Meg	6:00 – 6:50 AM **STRENGTH LAB** Amy	5:45 – 6:30 AM **CYCLE** Amy	6:00 – 6:50 AM **KETTLEBELL STRONG** Amy	9:00 – 9:55 AM **LEVEL 2 PILATES MAT** Cybil	7:00 – 7:50 AM **FULL BODY CONDITIONING** Shirley
	7:00 – 7:50 AM **PILATES PLUS** Shirley	6:30 – 7:00 AM **AB LAB** Tana	8:30 – 9:30AM **LEVEL 1 PILATES** Meredith	9:00 – 9:55 AM **SPARTACUS STRENGTH & CONDITIONING** Halley	8:00 – 8:50 AM **RESTORATIVE YOGA** Caitlin
	9:00 – 9:50 AM **FUNCTIONAL FITNESS** Britainey	9:00 – 9:50 AM **ZUMBA** Britainey	9:00 – 9:50 AM **FUNCTIONAL FITNESS** Britainey	12:00 – 1:00 PM **LEVEL 1 YOGA** Meg	9:00 – 10:00 AM **LEVEL 1 PILATES MAT** Meredith
	10:00 – 10:30 AM **CIRCL MOBILITY** Britainey	9:00 – 9:55 AM **LEVEL 2 PILATES MAT** Cybil	10:00 – 10:30 AM **CIRCL MOBILITY** Britainey	5:30 – 6:25 PM **STRENGTH & CONDITIONING** Gabe	
	12:00 – 12:50 PM **FUNCTIONAL FITNESS** Shannon	10:05 – 11:00 AM **MULTILEVEL PILATES** Rachel	11:00 – 11:55 AM **MULTILEVEL PILATES** Rachel	5:30 – 6:25 PM **YOGA SCULPT** Crystal	
	5:15 – 6:00 PM **STRENGTH & CONDITIONING** Shannon	5:30 – 6:30 PM **LEVEL 2 YOGA** Meg	12:00 – 12:50 PM **FUNCTIONAL FITNESS** Shannon		
	5:30 – 6:25 PM **YOGA SCULPT** Crystal		5:15 – 6:05 PM **MULTILEVEL PILATES** Meredith		
			5:30 – 6:15 PM **ZUMBA** Halley		
			6:15 – 7:00 PM **POUND** 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.

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.

Functional Fitness- Learn foundational functional movement patterns in a workout designed for all experience levels. Squat, hinge, push, and pull your way through a full-body workout that builds strength and movement skills for everyday life.

Kettlebell Strong- Kettlebell Strong is a fast-paced, athletic workout combining kettlebell strength, dynamic complexes, conditioning, carries, and core work. Build strength, power, and endurance while moving with purpose and intensity.

Multilevel Pilates- A dynamic, full-body Mat Pilates class designed to meet you at your level while building core strength, stability, flexibility, and body awareness. You'll move through foundational and more challenging exercises with modifications and progressions offered throughout, making this an energizing and engaging workout for all experience levels.

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

Restorative Yoga - **Restorative Yoga** is an all-levels class designed to help you slow down, release tension, and restore your body and mind. Using gentle stretches, mindful movement, and relaxation techniques, this class is a perfect complement to your training and everyday life.

Spartacus Strength & Conditioning- A full-body, circuit-based workout combining strength, cardio, and functional movements to build power, endurance, and overall fitness. Designed for all fitness levels, with modifications and progressions available to help you work at the right intensity while staying challenged and engaged.

Strength Lab- Strength Lab is a challenging, full-body strength class focused on building strength, improving form, and tracking progress. Follow a progressive four-week program designed to help you lift stronger, move better, and see results.

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.

Yoga Sculpt- Build strength, balance, and flexibility by blending traditional yoga poses with light weights and yoga blocks and resistance bands. This dynamic, full-body class adds controlled resistance and sculpting movements to your yoga practice for an energizing workout that leaves you feeling strong and centered.

Zumba/Pound Party- A high-energy Zumba/Pound combo class that combines easy-to-follow dance cardio with powerful, rhythm-based drumming movements for a total-body workout. Burn calories, build strength, and boost endurance while moving to upbeat music in a fun, motivating atmosphere. Perfect for all fitness levels—come ready to sweat, smile, and feel empowered.