



MAY GROUP SCHEDULE



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

POWER PILATES / RESISTANCE TRAINING
Brooksie
5:00 - 6:00 AM

ZUMBA
Brian
8:00-8:45 AM

CYCLING
Brai 11, 25
Connie 4, 18
8:30 - 9:30 AM

AQUA FITNESS
Ashley (Starts May 11)
8:30 - 9:30 AM

WEIGHT TRAINING
Daina
9:00-10:00 AM

STRETCH & CORE
Daina
10:15 - 11:00 AM

PILATES MAT
Frances
12:00-1:00 PM

WEIGHT TRAINING
Melanie
4:30-5:15 PM

CYCLING
Tina
5:30-6:15 PM

GENTLE YOGA
Kathy
6:45 - 7:30 PM

EXPRESS CYCLE
Melanie
5:00 - 5:30 AM

EXPRESS WEIGHTS
Melanie
5:30 - 6:00 AM

FLOOR WORK
Daina
8:00 - 8:45 AM

AQUA FITNESS
Brai (Starts May 12)
8:30 - 9:30 AM

STRETCH & CORE
Daina
9:00 - 9:30 AM

HIIT & HUSTLE
Bailey
9:45 - 10:30 AM

GENTLE YOGA
Lindsay 19 (TBD 5)
Kathy 12, 26
10:45 - 11:35 am

CHAIR FIT
Bailey
12:00 - 12:45 PM

TOTAL BODY HIIT
Tina
5:30-6:15 PM

CARDIO TENNIS
6:00 - 7:00 PM

CARDIO BAR FUSION
Brooksie
5:00 - 6:00 AM

CYCLING
Connie F
7:30 - 8:30 AM

STRONG CORE
Daina
8:30 - 9:15 AM

AQUA FITNESS
Brai
8:30 - 9:30 AM

CYCLE FUSION
Daina
9:30 - 10:15 AM

DANCE PARTY
Dawn
9:30 - 10:15 AM

YOGA
Katelyn
10:30 - 11:30 AM

PILATES MAT
Frances
12:00-1:00 PM

WEIGHT TRAINING
Amy
4:30 - 5:15 PM

EXPRESS CYCLE
Melanie
5:00 - 5:30 AM

EXPRESS WEIGHTS
Melanie
5:30 - 6:00 AM

FLOOR WORK
Daina
8:00 - 8:45 AM

AQUA FITNESS
Ashley
8:30 - 9:30 AM

WEIGHT TRAINING
Daina
9:00 - 9:45 AM

CORE FUSION
Mary Ellen
10:30 - 11:30 AM

YOGA
Katelyn
12:00 - 1:00 PM

TWEEN FIT
Tina (ages 7-12)
4:15 - 5:00 PM

CYCLING + CORE
Tina
5:30 - 6:30 PM

POWER PILATES
Brooksie
5:30-6:30 PM

CIRCUIT TRAINING
Melanie
5:00-5:45 AM

EXPRESS WEIGHTS
Bailey
7:15-7:45 AM

ZUMBA
Brian
8:00-8:45 AM

CYCLING
Katherine 15, 29
Brai 1, 8, 22
8:30 - 9:30 AM

AQUA FITNESS
Brai 15, 29
Brooksie 22
8:30 - 9:30 AM

CARDIO TENNIS
Tennis Courts
8:30 - 9:30 AM

STRETCH & CORE
Daina
9:00 - 9:55 AM

HIIT & HUSTLE
Bailey
9:45 - 10:30 AM

BARRE FUSION
Katherine 15, 29
Carla 8, 22 (May 1 TBD)
10:15 - 11:15 AM

CHAIR FIT
Bailey
11:30 - 12:15 PM

AQUA FITNESS
Brooksie 16
TBD 23, 30
8:30 - 9:30 AM

WEIGHT TRAINING
Amy
9:30 - 10:30 AM

YOGA ALL LEVELS
Carol 9, 19
Penny 2, 23, 30
11:00 - 12:00 PM

SUNDAY

YOGA ALL LEVELS
Kathy
3:00 - 4:00 PM

ZOOM with us!
ID: 577-391-8357
Password: 1234



SCAN ME

MEMORIAL DAY

Fitness Center
4:30 am - 2:00 pm

No Group Exercise
Classes

FITNESS CLASS DESCRIPTIONS

Aqua Fitness: A full body toning and conditioning class in our stunning City Club pool.

Barre Toning: A fun, safe, low-impact barre style class based on Yoga, Pilates and Ballet techniques to tone areas women struggle with: arms, abdominals, seat, hips and thighs. The class is designed for all ages and body types, beginners and advanced alike. Aims to increase flexibility, muscle definition and improve posture.

Barre Fusion: An effective fusion of traditional Barre exercises, standing balance work, and mat Pilates. Appropriate for all ages and fitness levels.

Cardio Bar Fusion: An intense power pump circuit class implementing cardio, weights, and stretching.

Circuit Training: High-energy, total body class alternating b/w cardiovascular & resistance training exercises that delivers high caloric burn in less time.

Cardio Tennis: A complimentary group tennis class set to music. Meet at the tennis courts.

Chair Fit - Chair Fit focuses on strengthening muscles and increasing range of motion for daily life activities. Using the chair for seated exercises and supported standing work, participants can expect a combination of strength-based exercises and low impact cardio work in this 45 minute class.

Cycling: A scientifically based indoor cycling program with an emphasis on improving cardio-respiratory endurance through utilizing bikes with magnetic resistance in a user-friendly environment that proves enjoyable to a wide variety of exercisers.

Cycle Fusion: A scientifically based indoor cycling program with an emphasis on improving cardio-respiratory endurance through utilizing bikes with magnetic resistance followed by a standing muscular endurance workout using weights and bands.

Dance Party - A combination and dance and fitness moves performed to a variety of upbeat rhythms.

Floor Work: Resistance training with emphasis on thighs, glutes, & fine-tuning of often overlooked muscle groups. Exercises performed on your mat.

Core Fusion: Core work w/light weights, bands, & stability balls that infuse gentle postures. Extra emphasis on abs, glutes, & stretching for all levels.

HIIT and Hustle: Get your morning started right with a variety of high intensity interval training, martial art movements, and core work

HIIT: Functional circuit training class combining cardio & weight training intervals to tone your entire body. Class held in the strength room.

Pilates Mat Work: A series of controlled movements engaging your mind and body toward the goal of overall fitness through core muscle strengthening. Pilates promotes physical harmony and balance for people of all ages. A towel or mat is needed.

Power Pilates & Resistance Training: A mostly vertical Pilates fusion class utilizing resistance balls, bands, and other props.

Restorative Yoga: A gentle, slow, still style of yoga that involves long, passive holds to achieve a state of total relaxation and release.

Stretch & Core: It's time for a great ease, comfort & capability in daily life. Feeling tight, stiff, stressed or anxious then this is the class for you!

Strong Core: A fun and challenging core strengthening class that is accessible for all levels. (formally Hard Core)

Tai Chi: A slow & gentle practice used to build balance, strength, and relaxation. We recommend participants wear comfortable clothing. No mat needed.

Weight Training: Gain strength, condition your muscles & tone your body.

Yoga All Levels: Utilizes many different yoga styles to achieve balance, strength and flexibility

Tween Fit - a fun-filled, dynamic, skill building sports class designed for tweens to help develop coordination, cardiovascular conditioning, and all over strength. Ages 7-12

Zumba: Fusion of Latin and International music/dance - dynamic, exciting and effective fitness workout.

YOUTH FITNESS

KIDZPOWER

A unique children's fitness program conducted in the Kid's Club gym at the City Club for children. It is taught by dynamic instructors with age appropriate equipment, music and motivation/education every step of the way! Cardio, strength training, yoga, Pilates, obstacle course and lots of fun!

Ages 7-12 | Kids Club
Tuesday 5:15 - 7:00 PM OPEN CLASS
Thursday 5:15 - 7:00 PM

FITKIDS

Incorporates fun-filled fitness experiences using props & music.

Ages 4-6 | Kids Club
Tuesday & Thursday
4:30 - 5:15 PM

SATURDAY OPEN CLASS

Ages 4-12 | Kids Club
9:00 - 10:00 AM
& 10:00-11:00 AM

The Kids Club will offer daily extended summer hours from 8:30-11 am Monday-Friday starting May 26 (closed during Fitness Fun Camps). Classes are free with your child's membership. \$15 guest fee if not on your membership.



**YOUTH
SUMMER CAMP
INFORMATION**