



Champions Group Fitness Schedule

Wellness Center Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00	Group Cycle Billy	Group Cycle Billy		Group Cycle Billy	Group Cycle Billy	
8:15						
9:00					*Group Cycle Karen	
9:45						
4:30						
5:15					(5:30) Pilates Gayle	

Pilates (45 min): It is "the complete coordination of body, mind, and spirit". This class combines the elements of both Eastern and Western traditions and philosophies of exercise. The "calm, centering and wholeness" comes from the Eastern approach and also includes stretching and limbering. The Western approach includes attention to developing muscle tone and strength through movement. Feel refreshed, rejuvenated and relaxed in our Pilates class.

Morning Flow (45 min): This beginners yoga will introduce you to yoga poses, and take you on a physical, emotional and spiritual journey. Keep in mind as you venture into your yoga journey, this is a beginners yoga class and it will be a wonderful way to transition to our evening yoga with Raya or our afternoon yoga with Sarah.

***Group Cycle:** Take the ride of your life; dim lights, great music and a private atmosphere sets the stage for our new Cycling classes. Jumping, sprinting, jogging, hovering... sound like fun? You need to experience this for yourself. Our instructors will lead you on a fun, motivated and energetic ride you won't soon forget and all the while it is appropriate for all fitness levels and all ages.

***Yoga Core Combo(1 hr):** Invigorating flow of traditional yoga postures including stretching and toning techniques combined with core strength. Center your mind while strengthening your body. Modified for all levels.

Shape and Sculpt (45 min): Maximize the sculpting effect. Increase strength, endurance and flexibility using your own resistance. See the results 45 minutes can give you.

Cardio Jam (45 min): Boogie your socks off with this low impact class full of your favorite dance steps and GREAT MUSIC! (Taught using an add-on method for fast and easy learning).

Step On It (1 hr): Pump it up with 40-50 minutes of Step aerobics then finish with 10-20 minutes of body sculpting. This class has it all! Burn fat, build endurance, tone muscles, and do all this at the intensity level of your choice.

Total Body (1 hr): You want your cardio and your weightlifting too. Here it is with step aerobics, muscle toning and strengthening.

T.G.I.F. (1 hr): Expect the unexpected! The class is "instructor's choice" of cardio, toning, and sculpting. Finish the week off with a great class and start the weekend with T.G.I.F.!!

SilverSneakers® : Muscular Strength and Range of Movement (45 min): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball offered for resistance, and a chair is used for seated and/or standing support.

***Rotating Schedule:** Tuesdays and Thursdays 4:15PM classes are a rotating schedule. Check with the front desk or call for details. Classes include: BYOB (Bring Your Own Ball) Kickboxing, Latin Grove, Cardio Strip Tease, Power of Twelve and more!

Body Blast (30min): A true weight lifting class using dumbbells, bars, benches and plates. This class gives you the benefit of a weight room workout, but with the motivation of a group atmosphere.

G. S. T. (Group Strength Training)(60 min) : One full hour of strength training, toning, shaping and defining of muscles. Work your muscles the way you would in the weightroom but with the direction of a personal trainer and the energy and motivation of a group.

***Yoga:** This class offers a flowing sequence of yoga postures that combine core strengthen and breathing stress management. Relaxation techniques applied in every class. Modified for all levels.

*Yoga - \$3.00 fee *Group Cycle - \$2.00 for members, \$10 fee for non-members

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8:15	Shape and Sculpt Mary Lou	Cardio Jam Cynthia	Shape and Sculpt Michelle	Cardio Jam Stephanie	Shape and Sculpt Michelle
9:00	Step On It Heather	Total Body Karen	Step On It Lisa	Total Body Lisa	T.G.I.F. Mary Lou
10:00	Silver Sneakers		Silver Sneakers		Silver Sneakers
4:15		Rotating Schedule*		Rotating Schedule*	
5:00	Body Blast Angela F.		Body Blast Nancy		
5:30	Step On It Angela F.	G. S. T. Gayle	Step On It Nancy	G. S. T. Debbie	
6:30		Yoga Raya		Yoga Raya	