



GROUP EXERCISE

Led by amazing instructors, our group fitness classes offer community, energy and motivation to create a transformative experience and deliver fitness results. Enjoy your favorite workouts, from cardio and dance (like Zumba!) to strength-training, conditioning and yoga, all conveniently located right here at The CORE!! All classes are expertly designed to keep you moving toward your best self, and best of all, classes are included in your membership!

Afro-Caribbean – embrace the soulful textured movements of international dance with the sounds of Reggae, Dancehall, Soca, Afrobeats & Latin music in this fun filled dance fitness class.

Aquacise - a swimming blend of cardio and resistance training incorporating resistance tools such as buoyant water weights and noodles.

Belly/Latin Fusion - a fusion of Latin and International music that creates a dynamic, exciting, and effective dance workout.

Bootcamp A different experience every class! Each class will challenge you, burn calories, ramp up your metabolism, ignite your energy and improve your outlook on life! (Modifiable for exercisers of all levels)

Core Flex - participants will focus on core stabilization while also working individual muscle groups. All movements are integrated with balance, strength and flexibility.

Hip Hop / Toning - This class is a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music with a combination of toning moves. No previous dance experience needed!

Kettlebell - This class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements.

Mix It Up- Come try this 30 min Fitness On Demand class with something different every week. Classes could include Fully Body Workouts, Yoga, Spin, Core, and more!

Nia - Nia draws from Tai Chi, Tae Kwon Do, Aikido, jazz dance, modern dance, Duncan dance, and yoga. Every class offers a unique combination of moves that correspond with all the muscle groups of the body.

Pilates - a full-body workout emphasizing form and proper body alignment to increase strength, muscle tone, flexibility, coordination, and balance.

PIYo Live- Sweat, stretch, and strengthen in one low-impact, body-sculpting workout. **PIYo LIVE** cranks up the intensity and speed of traditional Pilates and yoga to help you shape and strengthen your body without the need of equipment

Power Board - a low impact, full body strength training workout on water.

Power Yoga – a mind and body experience that improves your flexibility, enhances muscle tone and increases muscular strength.

Paddleboard Yoga – (\$10/class) - an exercise in developing strength and balance while coordinating Yoga movements on the water.

RIP - a "Fitness On Demand (FOD)" full body strength training workout utilizing a variety of strength equipment.

Spin Fitness - an indoor cycling class that increases lower body strength and cardiovascular endurance.

Spin Fusion - a unique combination of strength training and high-energy spinning. You'll build strength, gain flexibility, and build cardio endurance.

Strong by Zumba - STRONG by Zumba® is a revolutionary high-intensity workout led by music to help you make it to that last rep - and maybe even five more. Do you have what it takes?

Tabata - a high intensity interval training that increases endurance, strength and speed while encouraging weight loss.

TRX Functional Training - a comprehensive strength training class that utilizes TRX straps, RIP trainers, Bosu balls, medicine balls, kettle bells, battling ropes and dumbbells.

TRX HIIT - This is a high intensity, interval HIIT training class targeted directly at burning calories, and muscle sculpting. Watch your heart rate soar with a dynamic blend of running, jump squats and calisthenics through multiple rounds of strength and cardio work.

Vinyasa Flow Yoga - a dynamic Yoga class with an emphasis on breathing/body movement and body control through pose transitions.

Yoga - encourages mind and body connection, aiding in stress relief, improved breathing, mental focus, balance and flexibility.

Yoga 360 - Hatha Vinyasa Yoga with a focus on meditation and relaxation movements to elongate your muscles and relieve tension.

Zumba, Zumba Toning, Zumba + Abs - a combination of Latin rhythms and resistance training that sculpt your body while burning fat.

GROUP EXERCISE SCHEDULE Feb. 4th, 2019 – March 3rd, 2019

Day	Time	Class	Studio	Instructor	
Monday	5:30 AM	Bootcamp	Studio 1	Gina	
	5:45 AM	Power Yoga	Studio 2	Chris	
	8:00 AM	Pilates	Studio 1	Raechel	
	9:00 AM	Aquacise	Pool	Sally	
	9:15 AM	Tabata	Studio 1	McKenzie	
	9:15 AM	Core Flex	Studio 2	Robin	
	10:30 AM	Yoga	Studio 1	Chris	
	11:45 AM	TRX	Studio 1	Alma	
	5:00 PM	Belly/Latin Fusion	Studio 1	Miranda	
	6:15 PM	Spin Fusion	Studio 2	Robin	
	6:30 PM	Yoga	Studio 1	Chris	
	7:30 PM	Strong by Zumba	Studio 2	Michelle	
	7:45 PM	Zumba + Abs	Studio 1	Sonrisa	
	Tuesday	5:30 AM	Bootcamp	Studio 2	Gina
6:00 AM		TRX Functional Training	Studio 1	McKenzie	
8:00 AM		Spin Fitness	Studio 2	Jennifer	
9:15 AM		TRX Circuit	Studio 1	Teiah	
10:00 AM		Afro-Caribbean	Studio 2	Micaela	
10:30 AM		Belly/Latin Fusion	Studio 1	Miranda	
12:00 PM		Yoga	Studio 1	Jennifer	
6:00 PM		TRX Functional Training	Studio 1	McKenzie	
6:00 PM		Nia	Studio 2	Christine	
7:00 PM		Power Board	Pool	Alma	
7:30 PM		Zumba + Abs	Studio 1	Sharon M.	
Wednesday		5:30 AM	Bootcamp	Studio 1	Gina
		5:45 AM	Yoga	Studio 2	Chris
		8:00 AM	Pilates	Studio 1	Raechel
	9:00 AM	Aquacise	Pool	Sally	
	9:15 AM	Yoga	Studio 1	Lety	
	10:00 AM	Spin	Studio 2	Teiah	
	10:30 AM	Zumba	Studio 1	Sasha	
	11:30 AM	Strong by Zumba	Studio 2	Michelle	
	11:45 AM	TRX HIIT	Studio 1	McKenzie	
	5:15 PM	Afro-Caribbean	Studio 2	Micaela	
	6:00 PM	Zumba Toning	Studio 1	Miranda	
	7:05 PM	Vinyasa Flow Yoga	Studio 1	Gloria	
	7:00 PM	Zumba	Studio 2	Sharon M.	
	Thursday	5:30am	Bootcamp	Studio 2	Gina
6:00 AM		TRX Functional Training	Studio 1	McKenzie	
8:00 AM		Spin Fitness	Studio 2	Jennifer	
9:15 AM		TRX Functional Training	Studio 1	McKenzie	
10:30 AM		Belly/Latin Fusion	Studio 1	Miranda	
12:00 PM		Yoga	Studio 1	Jennifer	
5:15 PM		Hip Hop / Toning	Studio 2	Tika	
6:15 PM		Yoga 360	Studio 1	Gloria	
6:30 PM		RIP	Studio 2	Fitness on Demand	
7:00 PM		Aquacise	Pool	Vivian	
7:30 PM		Zumba	Studio 1	Sasha	
Friday		5:45 AM	Yoga	Studio 1	Chris
		8:00 AM	Spin Fitness	Studio 2	Robin.
		9:00 AM	Aquacise	Pool	Sally
	9:15 AM	Core Flex	Studio 2	Robin	
	9:15 AM	Yoga	Studio 1	Gloria	
	10:45 AM	Hip Hop / Toning	Studio 2	Tika	
	12:00 PM	Zumba	Studio 1	Michelle	
	6:00PM	Zumba	Studio 1	Sharon M.	
	Saturday	8:00 AM	Zumba	Studio 1	Sharon
		8:00 AM	Yoga	Studio 2	Chris
9:15 AM		Aquacise	Pool	Sally	
9:15 AM		TRX Functional Training	Studio 1	McKenzie	
10:30 AM		Zumba Toning	Studio 1	Miranda	
11:45 AM		PIYo Live	Studio 1	Sonrisa	
1:30 PM		RIP	Studio 2	Fitness on Demand	
Sunday		2:00 PM	Zumba + Abs	Studio 1	Sharon M.

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