

Spin with Kelly (9:00 am): Are you tired of riding on the recumbent bike all by yourself, bored and alone? Well no more of that nonsense. This class will have you almost rolling out the door! Don't be left behind!

BRING THE INTENSITY: Are you frustrated with not seein' progress? Do you feel as if you're just goin' through the motions? Are you ready to get the most out of your workouts? Make the most of your time as Mike Nuemann will push you past your current physical limits to attain the physique you desire!! Stop thinkin' about it and start doin' somethin'!!



: Come learn the basics of ZUMBA with Michelle! ZUMBA Latin dance fitness unites hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will have you saying AYYY CARUMBA!! In 1 exhilarating hour of ZUMBA you will experience an absolute blast of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Spin with MARY BETH (5:30 pm): The EXTREME spin class set to music. Ride through a muddy terrain, hover, spin, do push-ups, and jog double time to jump start your metabolism. Maximize your levels of intensity throughout this psycho "cycle" workout!



: Are you ready to take your ZUMBA experience to a new level with Kathy Petrak, This class is all about getting your flavor on! Doesn't matter if you can dance or not. If you love to move & have a blast! This ZUMBA class is for YOU! AND FYI average calorie burn in Zumba is from 500 calories & UP!!!

Spin with MIM (6:30 pm): Get a taste of what spinning is like with Mim! This class will have you feelin' like you are in the Tour De France! Don't be the last one to the finish line!

Alotta Core: This class is for everyone who wants to tone that mid-section!! We will target and challenge your lower and upper abdominals, obliques, back and hips in this intense and dynamic workout! By building core strength, you will improve your posture, balance, flexibility and energize yourself all in 45 minutes! Join Kelly on Tuesdays and Thursdays at 5:00 p.m. for this ultimate "Core" challenge!!

"TBC" (Total Body Conditioning): Let's fine tune those bodies and condition them the right way! Do you want to hit every muscle from head to toe? Mim does just that in **"TBC" (Total Body Conditioning)**! We'll see ya there!

PREMIER SLIDES: Slide your way into shape with Kendra! Come work it all in this 30 minute class!