

**STARTS
SEP
10**

FALL 2018 - SPRING 2019

BLAIRWOOD GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 6:00-7:00am Steve	CYCLING 6:00-7:00am Pat	TRX PERFORMANCE 6:00-6:45am Steve A	CYCLING 6:00-7:00am Pat	CYCLING 6:00-7:00am Steve	NEW TIME CYCLING 8:30-10:00am Steve	
AQUA AEROBICS 7:00-8:00am Pat	RED ZONE 6:00-6:45am Erin B	AQUA AEROBICS 7:00-8:00am Pat	RED ZONE 6:00-6:45am Erin B	AQUA AEROBICS 7:00-8:00am Pat	RED ZONE 9:00-9:45am Rebecca B	
LEAN RX 8:30-9:15am Christin A	STRETCH & ABS 8:30-9:15am Pat C	CORE 8:30-9:15am Rebecca A	LEAN RX 8:30-9:15am Christin A	STRETCH & ABS 8:30-9:15am Pat C	NEW ROOM NEW TIME YOGA 9:15am-10:00am Elise A	
KETTLEBLAST 9:30-10:15am Christin A	RED ZONE 8:30-9:15am Christin B	4 CROSS TRX 9:30-10:15am Rebecca A	NEW TIME RED ZONE 9:35-10:20am Erin B	BODY BLAST 8:35-9:20am Rebecca A	NEW TIME TRX PERFORMANCE 10:15-11:00am Steve A	
CYCLING 9:30-10:15am Rebecca	NEW CARDIOBELLS 9:35-10:20am Laurie A	YOGA VINYASA 10:30-11:30am Rebecca	NEW TIME PILATES FUSION 10:30-11:15am Ashley A	KETTLEBELLS 9:30-10:15am Christin A	BOOTY BARRE 10:30-11:30am Stacey/Linda C	
YOGA VINYASA 10:30-11:30am Rebecca A	CYCLING 10:30-11:15am Rebecca	PM YOGA 5:30-6:30pm Elise C	PM BOOTY BARRE 5:45-6:30pm Courtney C	BOOTY BARRE 10:30am-11:15am new instructor A		
NEW TIME BOOTY BARRE 10:30-11:15am Ashley C	NEW TIME PILATES FUSION 10:30-11:15am Ashley A	CYCLING 5:30-6:30pm Steve		PM DECK OF CARDS 1:00-2:00pm Kelly A		
PM YOGA 6:30-7:30pm Carrie C	PM BARRE 5:30-6:15pm Amanda C	RED ZONE 6:00-6:45pm Erin B				
CYCLING 5:30-6:20pm Steve	ATHLETIC CONDITIONING 6:15-7:00pm Diane A					
TOTAL BODY INSTENSITY 6:30-7:15pm Steve A	CYCLING 6:00-7:00pm					

**GROUP X STUDIOS
BLAIRWOOD**

- A - large studio
- B - medium studio
- C - upstairs studio

All cycling classes are held in the Cycle Studio.

Aqua Aerobics classes are held at the Indoor Pool.

BLAIRWOOD CHILDCARE HOURS
 MON-THU: 8:30AM-2PM & 4PM-8PM
 FRI-SAT: 8:30AM-2PM
 SUN: CLOSED

LTC GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 9:15-10:15am John	CYCLING 6:00-7:00am Bridget	CYCLING 9:15-10:15am Deb	CYCLING 6:00-7:00am Bridget	CYCLING 9:15-10:15am Deb	CYCLING 8:00-9:00am John	
PM CYCLING 5:30pm-6:15pm John	YOGA 9:00-10:00am Rebecca		YOGA 9:00-10:00am Rebecca		STRENGTH 9:15-10:00am Lauren ends 10/1	
			CYCLING 9:15-10:15am Deb		YOGA 10:15-11:15am Rebecca	

LTC CHILDCARE HOURS
 MON-FRI: 9AM-2PM
 SAT-SUN: CLOSED

CLASS DESCRIPTIONS

4 CROSS TRX

A circuit class with a different strength exercise in each corner of the room (i.e. cardio, kettlebells, jump rope, barbells, etc.) for 2 minutes, followed by intervals of TRX in between corners. The challenge continues as you work your way around the room. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

ATHLETIC CONDITIONING

Improve your performance and fitness for any physical challenge or activity with this challenging class that alternates strength and cardio intervals using weights and body weight. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

AQUA AEROBICS

Low-impact water workout designed to improve flexibility, range of motion, muscle conditioning, and endurance. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

BARRE/BOOTY BARRE **NEW TIME**

Energetic class that combines strength and flexibility training with added cardiovascular benefits through dance, Pilates, and Yoga. This class will raise your heart rate while toning and defining your whole body. ALL FITNESS LEVELS.

BODY BLAST

An intense fat-burning circuit class combining cardio and strength-training moves to increase your heart rate and boost your metabolism. ALL FITNESS LEVELS.

CARDIOBELLS **NEW**

Fast-paced, high energy class targeting the whole body through body weight and kettlebells exercises. MEDIUM-HIGH INTENSITY CLASS.

CYCLING **NEW TIME**

An upbeat and energetic cycling workout that burns calories and improves cardiovascular fitness. ALL FITNESS LEVELS.

DECK OF CARDS

Build muscle and endurance with this high volume workout. We'll use a deck of cards and assign a different exercise to each suit. Draw a card and perform the designated exercise for the number of reps on the card. No workout will ever be the same! INTERMEDIATE-ADVANCED FITNESS LEVELS.

KETTLEBELLS

High energy, fat-burning, total body workout that combines cardio + core + resistance training to sculpt and tone your entire body, with special emphasis on your core and abs muscles. INTERMEDIATE TO ADVANCED FITNESS LEVELS.

KETTLE BLAST

A whole-body movement cardio and strength class that improves flexibility and strength while burning fat and calories. INTERMEDIATE TO ADVANCED FITNESS LEVELS.

LEAN RX

This class is designed to provide training centered on building lean muscle mass while developing cardio endurance and strength. Perform a series of intervals using weights, bands, balls and body weight to create a full-body calorie burn that lasts for hours after the class. No two classes are the same. ALL FITNESS LEVELS.

PILATES FUSION **NEW TIME**

You'll improve strength, flexibility, and endurance as we focus on exercises that promote core stability, alignment, and posture. Think long and lean! ALL FITNESS LEVELS.

RED ZONE **NEW TIME**

This fast-paced class is packed with intense drills that will take you into the "red zone" where you improve speed, strength, and endurance. ALL FITNESS LEVELS.

STRENGTH

A strength-training class using weights and your own body weight to maximize your strength and define your muscles. ALL FITNESS LEVELS.

STRETCH & ABS

Combines stretch and abs for a long, lean body and strong core. Complements aerobic workouts such as cycling. ALL FITNESS LEVELS.

TOTAL BODY INTENSITY

One-size fits all full body workout designed to strengthen and build endurance through heavy lifting combined with cardio. ALL FITNESS LEVELS.

TRX PERFORMANCE **NEW TIME**

Non-stop TRX class that uses gravity and body weight to develop strength, flexibility, and core stability simultaneously. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

YOGA/YOGA VINYASA **NEW TIME** **NEW ROOM**

A system of flowing, breath-synchronized movements designed to improve overall physical and mental wellness. ALL FITNESS LEVELS.