

**STARTS
JUL
29**

BLAIRWOOD GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 6:00-7:00am Steve	LIFT 6:00-6:45am \$ Cynthia C	LIFT 6:00-6:45am \$ Cynthia C	LIFT 6:00-6:45am \$ Cynthia C	LIFT METABOLIC 6:00-6:45am \$ Cynthia A	CYCLING 7:15-8:15am Steve	
AQUA AEROBICS 7:00-8:00am Pat	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	CYCLING 8:30-9:30am Steve	
LEAN RX 8:30-9:15am Erin A	ADRENALINE 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	WHIPPED! 8:45-9:30am A	
LIFT 8:45-9:30am \$ Cynthia C	LEAN RX 8:30-9:15am Christin	CORE 8:30-9:15am Rebecca A	LEAN RX 8:30-9:15am Christin C	STRESS RELIEF 8:30-9:15am Pat B	YOGA 9:15am-10:00am Elise C	
KETTLEBLAST 9:30-10:15am Laurie A	LIFT 8:45-9:30am \$ Cynthia C	LIFT 8:45-9:30am \$ Cynthia C	LIFT METABOLIC 8:45-9:30am \$ Cynthia A	BODY BLAST 8:35-9:20am Rebecca A	TRX PERFORMANCE 9:45-10:30am Steve A	
CYCLING 9:30-10:15am Rebecca	CARDIOBELLS 9:35-10:20am Laurie A	TRX INTERVAL 9:30-10:15am Rebecca A	RED ZONE 9:35-10:20am Erin B	LIFT 8:45-9:30am \$ Cynthia C	CARDIOBARRE 10:30-11:30am Stacey/Linda C	
LIFT 9:45-10:30am \$ Christin C	LIFT 9:45-10:30am \$ Cynthia C	YOGA VINYASA 10:30-11:30am Rebecca A	CORE FUSION 10:30-11:15am Rebecca C	KETTLEBELLS 9:30-10:15am Christin A		
YOGA VINYASA 10:30-11:30am Rebecca A	CYCLING 10:30-11:15am Rebecca C	PM	PM	LIFT 9:45-10:30am \$ Cynthia C		
LIFT 5:45-6:30pm \$ Cynthia C	CARDIOBARRE 5:30-6:15pm Amanda C	YOGA 5:30-6:30pm Elise A	LIFT METABOLIC 5:45-6:30pm Amanda A	DECK OF CARDS 1:00-2:00pm Kelly A		
YOGA 6:30-7:30pm Elise C	MET CON 6:15-7:00pm Diane A	CYCLING 5:30-6:30pm Steve	BUILD & BURN 6:45-7:30pm Nirvana A			
CYCLING 5:30-6:20pm Steve		LIFT 5:45-6:30pm \$ Cynthia C				
TRX FUSION 6:30-7:15pm A		LEAN RX 6:45-7:30pm Nirvana A				

**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.

\$ = PAID SMALL GROUP PERSONAL TRAINING

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

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

LTC GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 9:00-10:00am John	CYCLING 9:00-9:45am Deb	CYCLING 9:00-10:00am Deb	CYCLING 9:00-10:00am Deb	CYCLING 9:00-10:00am Deb	CYCLING 8:00-9:00am John	
PM						
CYCLING 5:30pm-6:15pm John	YOGA 9:00-10:00am Rebecca	STRENGTH 10:00-10:30am Deb	YOGA 9:00-10:00am Rebecca	STRENGTH 10:00-10:30am Deb	STRENGTH 9:00-9:45am Rebecca	
					YOGA 10:00-10:45am Rebecca	

CLASS DESCRIPTIONS

ADRENALINE

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.

MET CON

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

AQUA AEROBICS

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

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.

BUILD AND BURN

This whole-body heavy-lifting class uses heavy weights to focus on large muscle groups, increasing muscle mass across your entire body. The class moves quickly so you can maximize your workout and minimize burnout caused by overtraining. ALL FITNESS LEVELS.

CARDIOBELLS

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

CARDIOBARRE

High-energy, no impact exercise class combining barre work and light weights with continual fat burning motion to tone, sculpt, and elongate the body. MEDIUM INTENSITY CLASS.

CORE

Designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. ALL FITNESS LEVELS.

CORE FUSION **NEW CLASS**

High energy mix of cardio and strength work. Workouts will vary weekly using different pieces of fitness equipment and bodyweight exercises to maximize your workout, while working on improving core stability and creating long, lean functional muscles. ALL FITNESS LEVELS.

CYCLING

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.

LIFT/LIFT METABOLIC

PAID \$ small group personal training with Cynthia Williams. See www.blairwood.com for details. LIMITED CLASS SIZE, FEE BASED.

PILATES FUSION

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.

STRENGTH

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

STRESS RELIEF **NEW CLASS**

Relax, reset, and tone. This stretching class with gentle core work will loosen tight muscles, increase blood flow, and improve overall well-being. ALL FITNESS LEVELS.

TRX FUSION

TRX based class that combines TRX, Kettlebells, dumbbells, and bodyweight exercises into strength training and metabolic routines. ALL FITNESS LEVELS.

TRX INTERVAL

A circuit TRX class alternating periods of high intensity with short rest periods to create optimal ratio of work/rest for ideal strength and cardio training. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

TRX PERFORMANCE

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.

WHIPPED!

High intensity cardio drills using various strength equipment and a fast moving conditioning circuit for modern fitness training. ALL FITNESS LEVELS.

YOGA/YOGA VINYASA

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