

**STARTS
SEP
9**

BLAIRWOOD GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIFT 6:00-6:45am \$ Cynthia C	LIFT 6:00-6:45am \$ Cynthia C	TRX PERFORMANCE 6:00-6:45am Steve A	LIFT 6:00-6:45am \$ Cynthia C	LIFT METABOLIC 6:00-6:45am \$ Cynthia A	CYCLING 7:15-8:15am Steve	NEW CLASS SLOW/GENTLE FLOW YOGA 10:30-11:30am Sam A
CYCLING 6:00-7:00am Steve	CYCLING 6:00-7:00am Pat	AQUA AEROBICS 7:00-8:00am Pat	CYCLING 6:00-7:00am Pat	CYCLING 6:00-7:00am Steve	CYCLING 8:30-9:30am Steve	
AQUA AEROBICS 7:00-8:00am Pat	ADRENALINE 6:00-6:45am Erin A	CORE 8:30-9:15am Rebecca A	NEW TIME ADRENALINE 6:00-6:45am Erin A	AQUA AEROBICS 7:00-8:00am Pat	NEW INSTRUCTOR WHIPPED! 8:45-9:30am Robbie A	
LEAN RX 8:30-9:15am Erin A	LEAN RX 8:30-9:15am Christin A	LIFT 8:45-9:30am \$ Cynthia C	LEAN RX 8:30-9:15am Christin C	STRESS RELIEF 8:30-9:15am Pat B	YOGA 9:15am-10:00am Elise C	
LIFT 8:45-9:30am \$ Cynthia C	LIFT 8:45-9:30am \$ Cynthia C	NEW CLASS 20-20-20 9:30-10:30am Rebecca A	LIFT METABOLIC 8:45-9:30am \$ Cynthia A	BODY BLAST 8:35-9:20am Rebecca A	TRX PERFORMANCE 9:45-10:30am Steve A	
KETTLEBLAST 9:30-10:15am Laurie A	CARDIOBELLS 9:35-10:20am Laurie A	YOGA VINYASA 10:30-11:30am Rebecca A	NEW TIME WHIPPED! 9:35-10:20am Erin A	LIFT 8:45-9:30am \$ Cynthia C	NEW CLASS TUMBLING FIT (ages 6 to 12) 10:00-11:00am Chanon B	
CYCLING 9:30-10:15am Rebecca	LIFT 9:45-10:30am \$ Cynthia C	PM	CORE FUSION 10:30-11:15am Rebecca C	KETTLEBELLS 9:30-10:15am Christin A	CARDIOBARRE 10:30-11:30am Stacey/Linda C	
LIFT 9:45-10:30am \$ Christin C	NEW TIME CORE FUSION 10:30-11:15am Rebecca C	PM	PM	LIFT 9:45-10:30am \$ Cynthia C		
NEW CLASS BARRE BLEND 10:30-11:15am Susan C	PM	CYCLING 5:30-6:30pm Steve	LIFT METABOLIC 5:45-6:30pm Amanda A	NEW CLASS BARRE BLEND 10:30-11:15am Susan C		
YOGA VINYASA 10:30-11:30am Rebecca A	BARRE 5:30-6:15pm Amanda C	LIFT 5:45-6:30pm \$ Cynthia C	NEW CLASS F.B.C. 6:45-7:30pm Chanon C	PM		
PM	NEW INSTRUCTOR MET CON 6:15-7:00pm Diane A	LEAN RX 6:45-7:30pm Jackie A		DECK OF CARDS 1:00-2:00pm Kelly A		
LIFT 5:45-6:30pm \$ Cynthia C						
YOGA 6:30-7:30pm Elise C						
CYCLING 5:30-6:20pm Steve						
NEW INSTRUCTOR TRX FUSION 6:30-7:15pm Robbie 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	YOGA 9:00-10:00am Rebecca	CYCLING 9:00-10:00am Deb	YOGA 9:00-10:00am Rebecca	CYCLING 9:00-10:00am Deb	CYCLING 8:00-9:00am John	
PM	NEW TIME CYCLING 10:00-10:45am Deb	STRENGTH 10:00-10:30am Deb	NEW TIME CYCLING 10:00-10:45am Deb	STRENGTH 10:00-10:30am Deb	STRENGTH 9:00-9:45am Rebecca	
CYCLING 5:30pm-6:15pm John					YOGA 10:00-10:45am Rebecca	

CLASS DESCRIPTIONS

20-20-20 **NEW CLASS**

Cover all the bases and get an all-around workout with this hour-long class consisting of 20 minutes strength + 20 minutes cycling + 20 minutes of stretch & yoga. ALL FITNESS LEVELS.

ADRENALINE **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.

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.

BARRE

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.

BARRE BLEND **NEW CLASS**

A low impact blend of ballet inspired moves and elements of pilates. 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.

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 TIME**

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 **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.

F.B.B.C. (FULL BODY BOOT CAMP) **NEW CLASS**

Work your entire body, burn fat and improve muscle tone with this high impact mix of cardio, strength, and boxing. 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 **NEW INSTRUCTOR**

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.

SLOW/GENTLE FLOW YOGA **NEW CLASS**

Great for beginners or those simply looking for a slower-paced class while still building strength & mobility. Students will learn to move through postures by focusing on breath. 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

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 **NEW INSTRUCTOR**

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

TUMBLING FIT **NEW CLASS**

Fitness class for kids to work on early muscle development, balance and movement. A great complement to any youth sports, or for kids who want to flip, workout, and have fun. FOR ALL FITNESS LEVELS AGES 6 TO 12.

WHIPPED! **NEW INSTRUCTOR**

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

YOGA

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