

GROUP FITNESS

Group Fitness Ages 14-up	Payment Options	
	Monthly Draft	Annual Payment
Member	\$10	\$100
Non-Member	\$30	\$300
Member Couple	\$15	\$150
Non-Member Couple	\$45	\$450



Group Exercise Schedule

Class Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6-6:50 a.m.	WellBeats Video Class		WellBeats Video Class		WellBeats Video Class	
8-8:50 a.m.	Step & Tone	Yoga I	Step & Tone	Barre-lates	Step & Tone	
9-9:50 a.m.	Build & Burn	Barre Pilates	Build & Burn	Restorative Yoga	Iron Yoga (Power Yoga + Weights)	Build & Burn
10-10:50 a.m.					Exercise to Music*	Barre-lates
11-11:50 a.m.	Exercise to Music*		Exercise to Music*			Yoga I
6-6:50 p.m.	Build & Burn	Hard-Core	WRKIT	Barre-lates	+Must be registered as a separate class *For Silver Sneakers or Silver Fit mem- bers only Additional video led classes offered weekly, see additional schedule for	
7-7:50 p.m.	MVMNT	Yoga I	Yoga I	WRKIT		

Group Exercise classes will be sold as an a la cart package. The schedule above is for face-to-face classes. The Link will also offer a handful of video based classes weekly. Schedule subject to change monthly.

WellBeats video classes are available at no cost to all members. Please check-in for all classes at the front desk.

Teacher Led Class Descriptions

Barre-lates: a combination of ballet exercises and mat Pilates to develop long, lean muscles, definition, perfect posture and core strength. This class results in lighter, longer bodies, improvement of bone density and enhancement of grace.

Build & Burn: a strength and conditioning class that utilizes kettle bells, dumb bells, and body weight exercises to grow muscles, define and lean the physique, improve endurance and athleticism, and create overall health.

Exercise to Music: designed for seniors and our Medicare based programs. This class can still be challenging and rewarding.

Hard-Core: an all-level, dynamic power-hour that focuses on the abs, and the back, hips and glutes. Class will include traditional and innovative techniques. Designed to define muscles and blast calories.

MVMNT: a multi-level fitness dance class. It is perfect for beginners and advanced dancers alike. This high energy hour will break down the moves to burn fat, while building muscle and flexibility.

Restorative Yoga: a slow-paced, therapeutic style of yoga in which postures are done slowly, gently, and sometimes held for longer periods of time.

TWRKIT: a fun dance fitness class that harnesses the power of the pelvic tilt to develop atrophied and under-developed muscles. In a inclusive and warm environment we will engage our bodies like never before, learn tribal and modern styles of dance, and find worth in what IS.

Yoga I: An all-level class that teaches the basics of yoga and meditation. This class engages both the beginning and long-time practitioner with fundamental and ever-changing class content drawn from a wide array of meditation and yoga types, techniques, tenets and postures.

Wellbeats Video Exercise Classes

free for Members and Day Passes

	Mon	Tue	Wed	Thu	Fri		Sun
6:00 AM	Step (50 min)	-	Groove (50 min)	-	Ball (50 min)	1:30 PM	Balance (20 min)
12 Noon	Basic Fusion (20 min)	Stable N Strong (35 min)	Intensity (20 min)	Strong N Fluid (35 min)	FUNdamentals (20 min)	2:00 PM	Zumba (20 min)
12:25 PM	HIIT (20 Min)		Yoga Booty (20 min)		Peak Yoga (20 min)	2:30 PM	MCT3 - (50 min)
6:00 PM	-	-	-	-	Vibe Basic (50 min)		

Step—General Step Class

Groove—Fitness Dance

Balance—Functional Balance

Basic Fusion—Blends multiple genres

Intensity—High Level Impact

Zumba—Latin Music Dance

FUNdamentals—Basics of Movement

HIIT—High Intense Intervals

Yoga Booty—Glute Centric

Ball—Functional using Physio-ball

Peak Yoga—Higher Level Yoga

MCT3—Metabolic Training

Strong N Stable—Balance & Weights

Strong N Fluid—Weights & MVNT

Vibe Basic—Low Level Dance