

# FITNESS CLASS SCHEDULE



## Monday

4:30 AM	Sunrise Conditioning	Aerobics Room (Virtual Instructor)
8:30 AM	Cardio Weight Pilates	Aerobics Room
8:30 AM	HIIT	Zone
5:15 PM	Zumba	Aerobics Room

## Tuesday

8:30 AM	Stretch & Strength	Aerobics Room
8:30 AM	HIIT	Zone
5:15 PM	360 Conditioning	Zone
5:15 PM	Zumba	Aerobics Room
5:30 PM	Boxing	Zone
6:15 PM	Zone Powerlifting	Zone

## Wednesday

4:30 AM	Sunrise Conditioning	Aerobics Room (Virtual Instructor)
8:30 AM	Cardio Weight Pilates	Aerobics Room
8:30 AM	HIIT	Zone

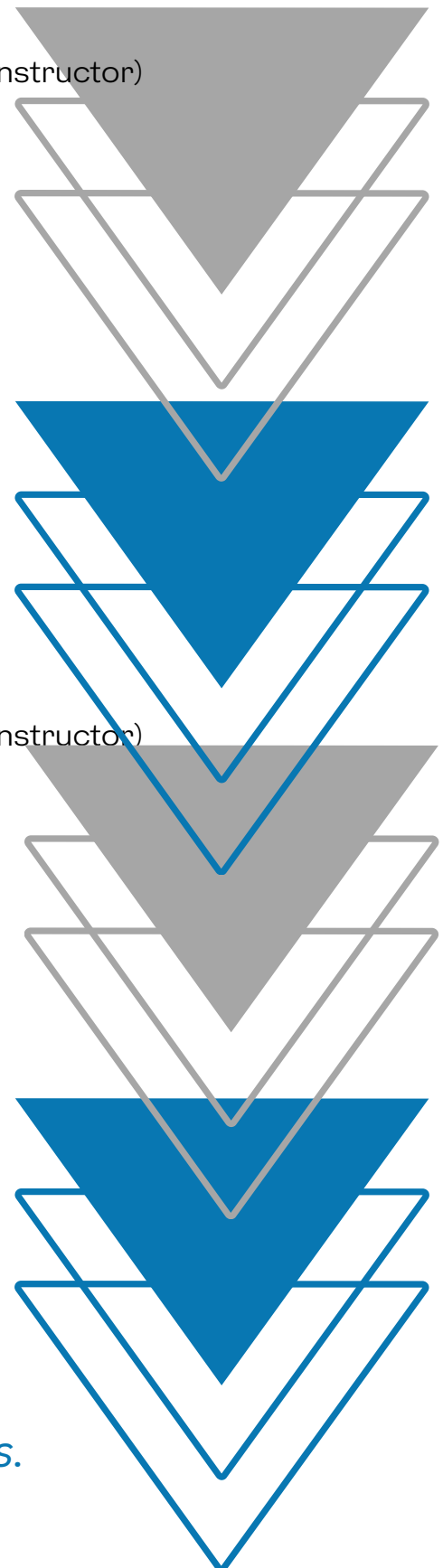
## Thursday

8:30 AM	Stretch & Strength	Aerobics Room
8:30 AM	HIIT	Zone
5:15 PM	360 Conditioning	Zone
5:15 PM	Zumba	Aerobics Room
5:30 PM	Boxing	Zone
6:15 PM	Zone Powerlifting	Zone

## Friday

8:30 AM	HIIT	Zone
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*\*Note class times may vary during holidays.*



# FITNESS CLASS DESCRIPTIONS



## BOXING CLASS

Tuesday & Thursday  
@ 5:30 p.m.



Therapy Center  
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This class is limited in size but packs a big punch with a variety of self-defense, bag work, shadow boxing, and footwork. During the class you will also go through a variety of core, cardio, and strength exercises.

## CARDIO WEIGHT PILATES

8:30 a.m.  
Monday & Wednesday

Therapy Center  
*Annex*

Get your cardio and strength training all in one. This increased tempo form of Pilates focuses on core strengthening movements but adds weight and speed to increase your calorie burn, heart rate, and muscle build.

## 360 CONDITIONING

FOR ALL AROUND BODY TONING

JOIN US

Tuesday & Thursday  
@ 5:15 P.M.



Our 360 Conditioning class combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work to give you a 360 toning.

## SUNRISE CONDITIONING

4:30 A.M.

MONDAY & WEDNESDAY

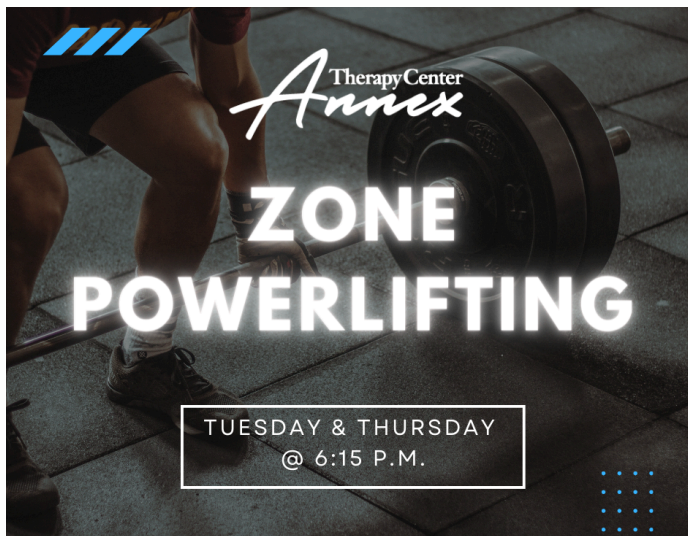
We are using the power of digital content! Understanding everyone has different fitness preferences and needs, we have curated a wide range of digital classes to cater to everyone's goals. So, lace up your sneakers, grab your water bottle, and get ready to start your day on a healthy and energizing note.



HIIT classes focus high intensity training exercises with short recovery sessions to keep your body burning calories & building muscle. With a variety of equipment & techniques used from rowing to running, this class is never the same.



Our Stretch & Strength class focuses on active stretching using body weight to improve mobility, flexibility, and balance. It is a great class for all ages and is a sure way to start your day off feeling your best!



Join us to focus on the mechanics and methods necessary for improving squat, deadlift, and bench press to maximize your strength. This is one workout that pays dividends each time you hit the gym.



With music from around the world this class is sure to keep you moving with a workout that doesn't feel like it. Zumba creates a dynamic calorie-burning workout for people of all fitness levels and age groups.

Therapy Center  
**Annex**  
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