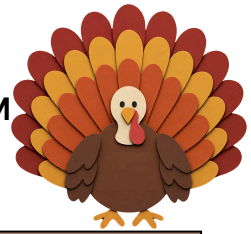
November

HOURS OF OPERATION
MON. – THURS. 5:00 AM – 9:00 PM
FRIDAY 5:00 AM – 7:00 PM
SATURDAY 8:00 AM – 3:00 PM
SUNDAY 1:30 PM – 5:00 PM

CHILDWATCH HOURS
MON. – FRI. 8:00 AM – 11:00 AM
MON. – THURS. 4:00 PM – 8:00 PM
NO WEEKEND HOURS!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00–9:45 SDL 10:00–10:45 SDL 5:30–6:15 H.I.I.T. CLASS	3 8:00–8:45 BUILD & BURN 9:30–10:15 SUPER STARS 5:30–6:15 BUILD & BURN	4 9:00–9:45 SDL 10:00–10:45 SDL 5:00–6:00 CORE & MORE 6:00–7:00 CARDIO SCULPT	5 8:00–8:45 BUILD & BURN 5:30–6:15 COMBAT CLASS	6 8:00–8:45 BUILD & BURN 9:00–9:45 SDL 10:00–10:45 SDL	7
8	9 9:00–9:45 SDL 10:00–10:45 SDL 5:30–6:15 H.I.I.T. CLASS	10 8:00–8:45 BUILD & BURN 9:30–10:15 SUPER STARS 5:30–6:15 BUILD & BURN	11 9:00–9:45 SDL 10:00–10:45 SDL 5:00–6:00 CORE & MORE 6:00–7:00 CARDIO SCULPT	12 8:00–8:45 BUILD & BURN 5:30–6:15 COMBAT CLASS	13 8:00–8:45 BUILD & BURN 9:00–9:45 SDL 10:00–10:45 SDL	14
15	16 9:00–9:45 SDL 10:00–10:45 SDL 5:30–6:15 H.I.I.T. CLASS	17 8:00–8:45 BUILD & BURN 9:30–10:15 SUPER STARS 5:30–6:15 BUILD & BURN	18 9:00–9:45 SDL 10:00–10:45 SDL 5:00–6:00 CORE & MORE 6:00–7:00 CARDIO SCULPT	19 8:00–8:45 BUILD & BURN 5:30–6:15 COMBAT CLASS	20 8:00–8:45 BUILD & BURN 9:00–9:45 SDL 10:00–10:45 SDL	21
22	23 9:00–9:45 SDL 10:00–10:45 SDL 5:30–6:15 H.I.I.T. CLASS	24 8:00–8:45 BUILD & BURN 9:30–10:15 SUPER STARS 5:30–6:15 BUILD & BURN	25 9:00–9:45 SDL 10:00–10:45 SDL 5:00–6:00 CORE & MORE 6:00–7:00 CARDIO SCULPT	26 	27 NO CHILD WATCH OR CLASSES!	28
29	30 9:00–9:45 SDL 10:00–10:45 SDL 5:30–6:15 H.I.I.T. CLASS					

CLASS DESCRIPTIONS

STRENGTH FOR DAILY LIVING (SDL) - SUSAN ADAMS

PARTICIPANTS MOVE THROUGH A SERIES OF LOW-IMPACT EXERCISES THAT FOCUS ON IMPROVING BALANCE, FLEXIBILITY, STRENGTH, AND CARDIOVASCULAR HEALTH. EXERCISES CAN BE MODIFIED FOR DIFFERENT LEVELS OF ABILITY.

CORE & MORE, CARDIO SCULPT - MEKA ADAMS

CORE & MORE: GROUP FITNESS SESSION THAT FOCUSES ON BUILDING CORE STRENGTH (ABS, BACK, GLUTES, & HIPS) FOR BETTER POSTURE, BALANCE, AND OVERALL STABILITY.
CARDIO SCULPT: DYNAMIC GROUP FITNESS SESSION THAT BLENDS AEROBICS WITH STRENGTH AND CORE TRAINING TO BUILD ENDURANCE AND TONE MUSCLES.

SUPER STARS (DSN) - SHELBY ALEXANDER

A SUPPORTIVE, INCLUSIVE EXERCISE SESSION FOR DISABLED/SPECIAL NEEDS ADULTS. EXERCISES ARE ADAPTABLE AND LOW-IMPACT, AND OFTEN INCLUDE LIGHT CARDIO, STRETCHING, BALANCE WORK, AND LIGHT STRENGTH TRAINING.

HIGH-INTENSITY INTERVAL TRAINING (HIIT) - CARI CONLEY

PARTICIPANTS ENGAGE IN SHORT BURSTS OF INTENSE AEROBIC EXERCISE (BURPEES, JUMP-SQUATS, ETC.) FOLLOWED BY RECOVERY INTERVALS OF BRIEF REST OR LIGHT ACTIVITY. DESIGNED TO BOOST FITNESS, BURN CALORIES, AND IMPROVE ENDURANCE, AND CAN BE MODIFIED FOR ALL LEVELS OF ABILITY.

COMBAT CLASS - CARI CONLEY

A HIGH-ENERGY AND NON-CONTACT WORKOUT THAT BLENDS MARTIAL ARTS-INSPIRED MOVEMENTS WITH CARDIO AND FUNCTIONAL FITNESS TRAINING. DESIGNED FOR ALL FITNESS LEVELS TO IMPROVE STRENGTH, ENDURANCE, COORDINATION, AND AGILITY IN A FUN AND ENGAGING ENVIRONMENT.

BUILD & BURN - VICKI LEMONS

AN UPBEAT, FULL-BODY WORKOUT THAT COMBINES WEIGHTS AND BODYWEIGHT EXERCISES WITH CARDIO TO BUILD STRENGTH, CHALLENGE YOUR MUSCLES, BOOST ENDURANCE, AND KEEP YOU MOVING. ALL FITNESS LEVELS ARE WELCOME. BE SURE TO BRING A YOGA MAT!