





CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00 – 6:45 AM FIT BOOT CAMP <i>Michelle L. (S1)</i>	6:00 – 6:45 AM INDOOR CYCLING <i>MarieAnn (CS)</i>		8:00 – 8:45 AM INDOOR CYCLING <i>Rotating Instructors (CS)</i>	
9:00 - 9:45 AM INDOOR CYCLING <i>Michele/MarieAnn (CS)</i>	9:00 - 9:40 AM BARRE FUSION  <i>Laurie (MB)</i>	9:00 - 9:45 AM GUNS & BUNS <i>Raina (S1)</i>	9:00 - 9:45 AM BOXING  <i>Raina (S2)</i>	9:00 - 9:45 AM THE WORKOUT <i>Olimpia Jr. (S1)</i>	9:00 - 9:45 AM FIT BOOT CAMP <i>Joe (S1)</i>	9:00 - 9:45 AM INDOOR CYCLING (NEW TIME) <i>Rotating Instructors (CS)</i>
	9:45 - 10:30 AM ZUMBA® (NEW TIME) <i>Tammy (S1)</i>					10:00 - 11:00 AM VINYASA FLOW YOGA (NEW TIME) <i>Amy (MB)</i>
		5:30 - 6:15 PM INDOOR CYCLING (NEW TIME) <i>Michele (CS)</i>	5:30 - 6:15 PM HIIT <i>Joe (S1)</i>			
6:00 - 6:45 PM GUNS & BUNS <i>Teresa (S1)</i>						
6:00 - 6:45 PM BOXING <i>Joe (S2)</i>	6:00 - 6:45 PM FIT BOOT CAMP <i>Michelle L. (S1)</i>	6:15 – 7:00 PM VINYASA FLOW YOGA  <i>Dorothy (MB)</i>				
7:00 – 7:45 PM VINYASA FLOW YOGA  <i>Melissa (MB)</i>						
<i>Studio 1 = (S1), Boxing = (S2), Cycling Studio = (CS) Mind-Body = (MB)</i>	Club hours: Monday – Friday: 5:00 AM – 10:00 PM; Saturday & Sunday 7:00 AM – 6:00 PM					

POWERHOUSE FITNESS CLASS DESCRIPTIONS

***Classes start and end promptly at the scheduled times. At a courtesy to the instructor & other members, please allow ample time to set up for your workout.*

BARRE FUSION - A ballet inspired workout, combining cardio, stretch, and toning elements. Classes mainly rely on the body weight for resistance, using the ballet barre to improve balance and flexibility while sculpting the body. Light weights are often used in the toning of the upper body, focusing on postural strength. All levels

BOXING- This high intensity interval training workout sculpts your body and burns calories like nothing you've experienced before. Your trainer will lead you through explosive boxing rounds where you'll deliver jab, cross, hook & upper cut combinations working your entire body on heavy bags. All levels (18 person maximum)

FIT BOOT CAMP – WE WANT YOU! This Intense Group Training Class utilizing athletic skills and drills, plyometric and discipline to take your body through the ultimate test of fitness. Let our drill sergeant command you through this challenging workout including multi-intensity aerobics, sprints, circuits, push-ups, sit-ups, jump-rope & weight training. All Levels

GUNS & BUNS – This class is designed to sculpt chiseled arms and glutes quickly and efficiently. All Levels.

H.I.I.T – This 45-minute class alternates short intense anaerobic exercise with less-intense recovery periods. H.I.I.T. is a form of cardiovascular exercise. These short, intense workouts provide improved athletic capacity and condition to help improve fat burning. Levels II / III

INDOOR CYCLING - Led by a certified INDOOR CYCLING instructor, classes combine a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. Participants burn an average of 500 calories in 45 minutes of non-impact, individually paced cardiovascular exercise. Classes are performed on a specially designed indoor cycling bike. All levels.

THE WORKOUT – This 45-minute workout changes weekly. Taught by a certified personal trainer, each week will challenge your muscles & heart! All levels

VINYASA FLOW YOGA - Focuses on connecting breath to movement, which detoxes & exhilarates the body, mind, & spirit. It is a faster moving practice that combines strength, balance, & flexibility in a beautiful flow creating a solid physical, mental, & spiritual workout. All levels

ZUMBA® - A dynamic, fun, and challenging fitness program using Latin dance flavor. Come and experience the exhilaration of moving your body to the rhythm of the music! This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly FUN! Levels I / II

Classes & Instructors are Subject to change without notice