

# STUDIO X & CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5am		<b>Barre</b> Boot Camp Jill		<b>Barre</b> Boot Camp Jill		
6am		<b>Mat Pilates</b> Beth <b>X FIT HIIT</b> * (45m) Christine		<b>Mat Pilates</b> Beth		
8am						Cycle Express Keely (30m)
8:30am	<b>CARDIO DANCE</b> Molly	<b>CARDIO SCULPT</b> Stacy	<b>CARDIO DANCE</b> Molly	<b>CARDIO SCULPT</b> Keely	HIIT Cycle Sandi (45m)	Ultimate Fit Keely
9:30am	<b>Yoga Flows</b> Molly	<b>ZUMBA</b> Jill	<b>Mat Pilates</b> Molly	<b>ZUMBA</b> Jill	<b>Mindful Flow</b> Kat	<b>CARDIO DANCE</b> Amy
11am	<b>Barre</b> Boot Camp Jill		<b>Tai Chi</b> Reza		<b>Tai Chi</b> Reza	
12:15pm	HIIT Cycle Sandi (45m)		Cycle Express Sandi (45m)			
4:30pm		Cycle Chisel Corrie				
5pm			<b>Yoga Barre</b> Sara (30m)			
5:30pm	Pure Strength Keely	<b>Cardio Dance Barre</b> Keely	Ultimate Fit Sara	<b>Cardio Dance Barre</b> Keely		
6:30pm	DJ Spin Keely/DJ Rhino	<b>Power Yoga</b> Sara	<b>Slow, Flow &amp; Stretch</b> Morgan	11.22.21		

**SUNDAY**  
Total Step- **8:30am**  
Rotation

## CLASS DESCRIPTIONS

Classes are Listed in Alphabetical Order)

### Barre Boot Camp

Inspired by ballet, this high intensity barre class targets your arms, core, thighs and booty to help you create a long, lean, dancer's body.

### Cardio Cycle

Get ready for an intense riding experience. Each ride will present a different set of drills, terrain, and intervals.

### Cardio Dance

Fun, high-energy cardio dance class for all levels of fitness.

### Cardio Sculpt

Burn fat, build muscle, and endurance! Intervals, compound exercises, timed cardio segments plus resistance and core exercises. Add plyometric for maximum calorie burn!

### Cycle Chisel

This cycling class combines high energy and high effort with performance-focused technology to deliver a powerful workout whether you're a first-time cyclist or a seasoned athlete.

### Cycle Express

A class for all levels of a cyclist. Feel the burn and intensity of a High Sierra ride right here in our cycle studio. Whether you're a seasoned, hardcore rider, or a novice, you'll get your best workout by our expert instructors.

### DJ Spin

Indoor cycling meets nightclub. A loud, intense, rhythmic spin class with DJ Rhino. Unlike any other class we have.

### HIIT Cycle

Designed to give you a well-rounded workout. The big calorie burn of high intensity intervals combined with the high fat burn of cardio.

### Mat Pilates

This class dramatically improves overall strength, flexibility, balance, core strengthening, spinal elongation, coordination and posture. Props class uses balls, bands, rings, and the bosu ball.

### Mindful Flow

In this class you will be encouraged to work within your body limitations, accepting yourself today with compassion and applying yourself within that framework.

### Power Yoga

From Ashtanga Yoga, emphasizes stamina, strength, flexibility and balance through the flow of creative dynamic postures.

### Pure Strength

Finally a class dedicated to building strength! This class will incorporate barbells, and/or dumbbells into your weekly workout with a focus of 3-5 min per muscle group. Get an awesome and effective workout in this strength training class.

### Slow, Flow & Stretch

Unroll your mat for a thoughtful and mindful, full body slow flow class focusing on connecting mind and body. Whether you need a midweek recovery day or just want to relax your bones and breathe, this class stretches every muscle group while linking breath to movement at a slow, intuitive pass.

### Tai Chi

An ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. For all levels of fitness.

### Total Step

An all-step class followed by abs and stretch.

### Ultimate Fit

High intensity, fat burning and body strengthening. Walk in! Crawl out!

### Yoga Flows

Links rhythmic breathing with natural alignment of flowing, sustained postures.

### Zumba

All dance genres including Latin, reggaeton (hip hop), jazz, burlesque, and flamenco all together in one intensive, fun filled cardio hour. Torch calories while having a blast!