



Champions Group Fitness Schedule

Group Cycle: Take the ride of your life; dim lights, great music and a private atmosphere sets the stage for our Cycling classes. Jumping, sprinting, jogging, hovering... sound like fun? Our instructors will lead you on a fun, motivated and energetic ride while still being appropriate for all fitness levels.

Pedal & Pump: Fusion of circuit and cycle.

Circuit Challenge: Bring your body to the next level with this circuit class. Little to no resting, heart rate stays at a cardio vascular level. Workout while incorporating weights and plyometrics. Take your workouts from “Good” to “Great”.

Shape and Sculpt: Maximize the sculpting effect. Increase strength, endurance and flexibility using your own resistance. See the results 45 minutes can give you.

Body Fit: Get an all over body workout with this class. Cardio using the step, weights, body bars, plyometrics, intervals and more.

Silver Sneakers ®: Classic (45 min): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball offered for resistance, and a chair is used for seated and/or standing support.

Instructor’s Choice: This class is 45 minutes of different class formats. It could be a circuit class, cardio, weights, intervals or even bootcamp. Get a great over all workout and something different every week.

Kickboxing: Feel Empowered! You will learn how to kick and punch your way to lower body fat, with leaner, stronger and more defined muscles. Using our self-standing kickboxing bags, the instructor will lead you through a workout that you will love and keep you coming back for more. May include a circuit.

Group Fitness Schedule						
Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		Circuit Challenge Carol		Pedal & Pump Carol	Group Cycle	
8:00 AM	Shape and Sculpt Mary Lou <i>Also Online</i>		Shape and Sculpt Mary Lou <i>Also Online</i>		Instructors Choice Lisa <i>Also Online</i>	
9:00 AM	Group Cycle Karen	Body Fit Karen <i>Also Online</i>	Group Cycle Karen	Body Fit MaryLou <i>Also Online</i>	Group Cycle Carol L.	Group Cycle
10:00 AM	Silver Sneakers Cynthia <i>Also Online</i>		Silver Sneakers Cynthia <i>Also Online</i>			
5:30 PM	Group Cycle Kate	Kickboxing Gayle				

Group Cycling Classes included in your membership, \$10.00 Non-Members
\$5.00 sign up fee for next class for late cancellations (2 hours) and No Shows
All classes are subject to cancellation due to lack of attendance.