

HEALTHY STARTS HERE

GROUP EXERCISE CLASSES

EFFECTIVE AS OF 10/27/2025



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COLOR CODES:	
STUDIO 1	
STUDIO 2	
FITNESS CENTER	
FIFIELD CENTER	
POOL	
SPIN	
OUTDOOR COURT	
TEEN CENTER	

- Please note: Doors will close 5 minutes after the start of each yoga class, and late entry will not be permitted.
- Programs with a (*) are paid programs. These classes are for paid program members only.

MONDAY

- 8:00am RECOVERY AND STRETCH with Rachelle
- *8:00am FOUNDATION with Yvette
- 9:00am ZUMBA with Tracy
- 9:05am AQUA with Savannah
- 10:00am BODY SCULPT with Tracy
- 10:00am METAFIT with Rachelle
- 10:15am CHAIR YOGA with Arisa
- *5:00pm ADULT KAJUKENBO with Michael
- 5:30pm MIXED YOGA with Arisa
- 6:30pm SPIN with Mayra

TUESDAY

- 8:00am REHAB EXERCISE with Rachelle
- 9:00am ZUMBA TONING with Tracy
- 9:05am AQUA with Rachele E.
- 10:00am MAT PILATES with Rita
- 11:00am YOGA SOUND HEALING with Krista
- *5:00pm INTRO TO KAJUKENBO with Michael
- 6:30pm SLOW BURN with Sparkle
- 7:00pm ZUMBA with Sparkle

WEDNESDAY

- 8:00am RECOVERY AND STRETCH with Rachelle
- *8:00am FOUNDATION with Yvette
- 9:00am DANCE PARTY with Summer
- 9:00am TADIFIT with Nurys
- 9:05am AQUA with Savannah
- 10:00am METAFIT with Rachelle
- 10:00am BODY SCULPT with Tracy
- 10:00am CHAIR/MAT YOGA with Arisa
- *5:00pm ADULT KAJUKENBO with Michael
- 5:30pm RESTORATIVE YOGA with Arisa
- 5:30pm LINE DANCING with Summer
- 6:30pm SPIN with Mayra

THURSDAY

- 8:00am REHAB EXERCISE with Rachelle
- 9:00am ZUMBA TONING with Tracy
- 9:05am AQUA with Rachele E.
- 10:00am BARRE/PILATES with Rita
- 11:00am CHAIR PILATES/YOGA with Rita
- *5:00pm INTRO TO KAJUKENBO with Michael
- *5:30pm LITTLE NINJAS with Nurys (Ages 3-5)
- *6:00pm SPORTS KARATE with Nurys (Ages 7-13)
- 6:30pm CARDIO SCULPT with Sparkle
- 7:00pm ZUMBA with Sparkle

FRIDAY

- 8:15am CHAIR YOGA with Arisa
- *8:00am FOUNDATION with Yvette
- 9:00am YOGA VINYASA FLOW with Arisa
- 9:00am RECOVERY & STRETCH with Rachelle
- 9:05am AQUA with Tracy
- 10:00am ZUMBA with Sparkle
- 10:00am METAFIT with Rachelle
- 11:00am SLOW BURN with Sparkle

SATURDAY

- 8:00am BODY SCULPT with Rita
- 9:00am FOUNDATION with Yvette
- 9:00am ZUMBA with Summer
- 9:00am SPIN with Mayra
- 10:00am CHAIR YOGA with Arisa
- SUNDAY**
- 9:00am ZUMBA with Lizzy
- 10:00am MIXED YOGA with Beatriz



GROUP EXERCISE CLASSES



MetaFit: This high-intensity program combines strength, power, agility, anaerobic and aerobic elements for a high metabolic output.

Aqua: A boot camp style class to help you increase range of motion & agility by utilizing the water to support & challenge your movements through high intensity interval training. Water weights are used to work all muscle groups. Moves are designed for both shallow and deep-water depths.

Step: A fun, high-energy workout that combines dance movements with fitness exercises, set to upbeat music from the 70's, 80's and 90's, creating a party-like atmosphere while burning calories and boosting your mood.

Foundations: A class that works on movements to increase balance, build strength, correct your posture and eliminate pain with specially designed corrective exercises.

Taijifit: This class is a mind-body workout that blends traditional Tai Chi with modern fitness. Suitable for all ages and fitness levels, it uses "Qi Cueing" to harmonize the muscular, cardiovascular, nervous systems.

Chair Pilates: Chair Pilates/ Yoga is a low-impact class that focuses on strengthening muscles while improving flexibility and posture. This class will help you gain deep core strength, increase all-over body tone and balance.

Slow Burn: The exercise class known as "Slow Burn" is a fitness program that focuses on slow, controlled movements and muscular engagement to build strength and improve overall fitness.

Cardio Sculpt: This class is designed to help participants improve their cardiovascular fitness, build muscle strength, and often burn calories for weight management.

Sound Healing: A gentle hatha flow suitable for all levels, ending with a shavasana accompanied by sound healing instruments.

Rehab Exercise: Learn the foundations of rehab exercises including strengthening and stretching muscle in order to alleviate symptoms from physical conditions or sports related injuries.

Yoga-Vinyasa: This class focuses on transitions and movements, with less time spent in stationary poses. This class will help attain balance in the mind and body.

Slow Flow Restorative Yoga: An intentionally slower paced class suitable for all levels. The practice starts with slow movement in and out of standing poses and then moves to long held seated poses to open up and relax the deeper tissues of the body, joints & ligaments for balance, flexibility & fluidity to the body. Modifications & props are offered to encourage everyone to work at their own level.

Pilates Sculpt: Traditional mat Pilates that incorporates sculpting to tone. Yoga is incorporated for additional flexibility.

Zumba: The Zumba® program, created by Beto Perez, fuses Latin dance rhythms with easy-to-follow dance moves. The result of this fusion is a fun workout that feels more like a night out dancing than a "work" out.

Zumba Toning: The Zumba® Toning program, combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using light weight dumbbells, you'll work every muscle group while you groove.

Barre/Pilates: Combining movements from ballet, yoga, and some elements of Pilates/Barre. Pilates workouts are designed to increase your full body strength in a sweaty, fun workout.

Dance Party: A fun, high-energy workout that combines dance movements with fitness exercises, set to upbeat music from the 70's, 80's and 90's, creating a party-like atmosphere while burning calories and boosting your mood.

Chair/Mat Yoga: Chair/Mat class employs the use of a chair to support the foundation a mat may be used for more intermediate/advanced students. With a greater sense of stability, students can further develop balance, toning and range of motion.

Chair Yoga: Yoga performed while seated using modified postures, breathing exercises, and sometimes standing poses with the chair for balance, offering benefits such as increased flexibility, improved strength, and stress reduction.

Power Yoga: Power Yoga is a dynamic, fitness-focused form of yoga that combines strength training and vigorous movement sequences. It's known for its fast-paced, cardio-intensive style, emphasizing building strength, flexibility, and endurance through flowing sequences.

Line Dancing: Line Dancing is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows.

Restorative Yoga: A gentle form of Yoga aimed to bring relaxation and calm your body and mind.

Mixed Yoga: This program combines multiple yoga disciplines.

Spin: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises.

Barbell Class/Body Sculpt: A weight training class that uses weights, bands, gliders and body weight to tone muscles and build strength.

Silver Sneakers: A fitness class that focuses on improving flexibility and range of motion through stretching exercises and breathing techniques.