

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 AM	Step Aerobics	Dance Fusion	Zumba®	Step Aerobics	Step Aerobics	
9 AM		Body Sculpt		Yoga		S.A.F.E.
9:15 AM	Yoga as Therapy		Yoga as Therapy		Body Sculpt	
10 AM		Yoga				
10:15 AM				Gujo-Ryu		Gentle Yoga
10:30 AM	Small Group Fitness		Small Group Fitness		Gentle Yoga	
11:30AM				HOT HULA fitness®		
4:45 PM				Kids Karate Ages 5-8		
5:30 PM	Tabata	Tabata	Pound®	Beginner Ages 9 & Up		
6:45 PM	HOT HULA fitness®			Intermediate Blue & Up		
7:00 PM				Advanced Green & Up		

Body Sculpt – Tone up and slim down! Each class is specifically designed by the individual instructor to provide participants with a total body workout. Cardio interval training class. Kick your regular workout up a notch!

Dance Fusion – For dance enthusiasts of all kinds, this is a fast-paced, high-energy dance class. Karen creates her own unique choreography, drawing from many different styles of dance. Music of all kinds is used, including many popular hits, seasonal songs and old favorites. The choreography can be complex, but well-timed cues make it enjoyable for even a beginner!

Easy Step – Perfect for those interested in getting in shape with the use of the step, but without having to learn a lot of dance steps.

Goju-Ryu –This class addresses the issues of aging through purposeful, progressive movement at each individual's pace. Expect to become more aware of your body and address the issues of aging as you focus on techniques that not only make you healthier but as a bonus, also assist you with self-defense. Improve focus, memory, muscle strength and coordination, movement, breathing and balance.

HOT HULA fitness® is a low impact "total body workout" that incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy HOT HULA!

Pound® – A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series

S.A.F.E. – Self-defense, Awareness, Fitness and Empowerment. For women of all ages- Combines fitness and personal safety.

Small Group Strength Training- Small Group fitness program with emphasis on nutrition and exercise.

Step Aerobics – Each class is specifically designed by the individual instructor to provide participants with a total body workout. Based on instructor discretion; classes feature a unique variety of step exercises accompanied by toning, stretching, weights, etc.

Step, Strength & Sculpt – A combination of step aerobics, strength training and muscle sculpting exercises.

Tabata – The Tabata workout is a high-intensity interval training regime that produces remarkable results. A Tabata workout is comprised of an interval training cycle of 20 seconds, followed by 10 seconds of rest, repeated over and over for several minutes.

Yoga, Gentle Yoga, & All Levels Yoga – Physical and mental workout with a focus on breathing, relaxation, strength, and flexibility. Each class is appropriate for the beginner, immediate or advance participant with modification given for each level of expertise.

Yoga as Therapy – Instructed by a physical therapist, this class incorporates core strengthening, spinal stability, stretching, balance and gentle yoga poses. The emphasis is on correct alignment and individual modification. Appropriate for all levels.

Zumba® - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!