

***Tags are required for equipment based & Mind/Body Classes.

This ensures you have enough space to workout safely and that you have access to equipment you need. Tags are available at the Front Desk 30-minutes prior to class. One tag per member. Please keep your tag until your instructor collects them at the beginning of class.

BIG ROOM (BR):

*****Body Blast:** An intense cardio and resistance workout utilizing balls, bands, discs and more! Get your heart and muscles pumping. Come ready to work!

BR & SGR

*****Cardio Step:** A challenging & fun step workout with intense cardio intervals to get your heart pumping!

*****CenterBarre:** A fun fitness class for non-dancers and dancers alike. It combines the basic muscle toning movements of the ballet barre which focuses on strengthening, toning, balance and overall fitness.

*****Circuit Express:** This 35-minute workout combines aerobic and strength training to create a fun full-body workout. Perfect for all Levels- 35 minutes. **SGR & BR**

*****CrunchTime:** Crunched for time or just need a quick 30 minute circuit workout? **SGR & BR**

*****DanceFit:** Enjoy an aerobic style of choreographed dancing that will give you a great cardio boost and tone your body. Experience the benefits of both cardio endurance and muscle strengthening while dancing to energizing beats and letting loose!

*****EveryBODY Dance!:** No dance experience needed for this high-energy, high-calorie burn class. Leave your inhibitions behind as we turn off the lights & have an all out party. Be surprised how your body moves!

*****Group POWER®:** Your hour of power! This barbell program strengthens all of your major muscles in an inspiring, motivating group environment with fantastic music and simple, athletic movements. Group Power is for all ages and fitness levels. Discover results, discover Group Power! Arrive 10 minutes early to set up.

*****RetroAerobics:** Taking you back to the 80's with the music, choreography and FUN! Great hi/lo aerobic steps for all fitness levels.

*****Step Challenge:** For the experienced step participant, a full hour of high intensity, choreographed step training.

*****Step/PUMP:** This class gets the heart pumping with step work and compliments this with weights, body bars, balls, bodyweight exercises and other resistance equipment.

*****Zumba®:** A fusion of Latin & International music-dance themes creating a dynamic, exciting and effective fitness system. Dance away the pounds and your worries!!!

H₂O

*****Aquaerobics:** Excellent cardiovascular training in the pool. Aerobic moves that are perfect for the water!

*****Aqua Lite:** This gentle class is designed for individuals with arthritis and related conditions. Focus is on balance, flexibility, strength, and stretching. Great for individuals new to or returning to exercise.

*****PowerWave:** Have FUN and test your limits with this high-energy water workout. Includes a variety of formats such as interval, PUMP, dance, Pilates, sports conditioning, kickboxing and yoga. Build core strength and improve your cardiovascular and muscular endurance.

*****Water Volleyball:** Open time for beach ball water volleyball in the pool.

*****Water Walking:** Please see our class schedule to note what times are specified for water walkers only.

CYCLING ROOM (CYR):

*****Gentle Ride:** For those new to indoor cycling or returning to exercise. Great 35-minute cardio workout.

*****Power Ride:** Enjoy this challenging workout that will keep you in your target heart rate zone with moderate to high intensity paced cycling

*****Rock n' Ride:** Great tunes roll you right through this great cycle workout!

*****Cycle/Strength:** You'll definitely increase your cardiovascular fitness level in this class combining stationary cycling with our circuit workout. Time is generally split between the two workouts.

MIND/BODY CLASSES:

*****Gentle Hatha:** An eclectic mix of different styles of Hatha Yoga used to develop strength and flexibility while maintaining focus with conscious breathing. **BR**

*****Gentle Stretch:** A gentle stretch class designed to improve balance, posture, and flexibility. **BR**

*****Hatha Flow:** You will focus on movement and breath in this class to produce postures that flow naturally from one to the next. **BR**

Pilates Mat Basics: At this level clients will experience a well-rounded workout with emphasis on increased coordination, breath capacity, precise control, concentration and "moving from your center". Clients will also be introduced to the Pilates vocabulary and the names of each exercise to become more familiar and at ease with their practice.

BR & SGR

View & print our most current schedule
@ bodybusiness.com

CLUB HOURS

Monday -Thursday	5:30AM - 9:00PM
Friday	5:30AM -8:00PM
Saturday	8:00AM - 4:00PM
Sunday	10:00AM - 6:00PM

CHILDCARE HOURS

Monday-Saturday	8:00AM - 1:00PM
Infants by reservation.	

SMALL GROUP TRAINING (SGR):

30-35 minutes: 4 Sessions | \$40

50-60 minutes: 4 Sessions | \$60

Price & session number may vary.

Email trainer directly to reserve your space.

Small Group Trainers Contact Info:

DG: danette_g@bodybusiness.com

JD: joe_d@bodybusiness.com

JL: jenny_l@bodybusiness.com

LM: larry_m@bodybusiness.com

MC: meryl_c@bodybusiness.com

MB: mark_b@bodybusiness.com

MD: mendy_d@bodybusiness.com

NB: nancy_b@bodybusiness.com

RR: rachel_r@bodybusiness.com

SH: sibylle_h@bodybusiness.com

SS: suzanne_s@bodybusiness.com

TB: tracy_b@bodybusiness.com

*****BootCamps:** High Intensity training to reach your fitness goals, whether you are preparing for an event or just need the accountability and that extra push to reach your goal. **RR**

*****Kickboxing:** Learn the skills and drills of boxers and kickboxers use to get into fighting shape. Shadow box, jump rope, hit heavy bags and speed bags for a high intensity, high excitement hour of fun! **MB**

*****Pilates Reformer Groups:** The reformer is a piece of Pilates equipment that provides resistance and allows you to work precisely to develop proper alignment, core strength, and flexibility. Different level sessions available. Please check with trainer. **SH**

*****T.B.C.:** TotalBodyConditioning and BodyEvolution are total body workouts including weight training and conditioning. **DG, LM, TB**

*****TRX®:** Born in the Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise. With **TotalResistanceExercise** you're in control. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

Choose from the following TRX sessions:

StraightStraps: 35 minutes/Non-stop TRX work using only the straps and your bodyweight. Come prepared to sweat, work hard, and get a great workout.

TRXChallenge: 50-minutes/Includes challenging moves with the TRX and free weights plus high-intensity cardio intervals that combined will take your workout to a new level!

TRXCircuit: 50-minutes/Great strength and endurance workout in a circuit style format.

TRXPump: 50-minutes/TRX work alternating with various resistance equipment and body weight conditioning work.

TRXtreme: 50-minutes/TRX to the extreme! You will develop strength, endurance, balance, flexibility, coordination, and core strength all at the same time!

JL, MB, MC, MD, NB, RR, SS, TB

*****WeightLossChallenge:** 8-week course combining our bootcamp style workouts and group nutrition sessions. **DG, LM, MC, MD, RB, TB**