



# DECEMBER

## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15 AM <b>BODYPUMP 45</b> - MPS ANTIONETTE	5:30 - 6:15 AM <b>CARDIO CORE</b> - MPS ANTIONETTE	6:00 - 6:45 AM <b>MOBILITY MOVES</b> - MPS ANTIONETTE	5:30 - 6:15 AM <b>STRENGTH CORE</b> - MPS ANTIONETTE no class 12-26	6:00 - 6:45 AM <b>MAT PILATES</b> - GX ANTIONETTE	8:00 - 8:55 AM <b>S'WET BOOTCAMP</b> - FP JOY/ANTIONETTE	
6:00 - 6:45 AM <b>CYCLE</b> - CS AMBER	6:00 - 6:30 AM <b>SPRINT</b> - CS DONALD	6:00 - 6:45 AM <b>CYCLE</b> - CS AMBER	6:00 - 6:30 AM <b>SPRINT</b> - CS DONALD	6:00 - 6:45 AM <b>CYCLE</b> - CS CHERRY	8:00AM - 8:55AM <b>YOGA SCULPT</b> - GX BRITNEY	
7:00 - 7:45 AM <b>ZUMBA</b> - GX MERI	6:30 - 7:15am AM <b>NEW!</b> <b>SUNRISE YOGA</b> - GX ASHLEY				8:00 - 9:00 AM <b>CYCLE</b> - CS DONALD	8:30 - 9:15 AM <b>TKO</b> - GX JULIE
8:00 - 8:45 AM <b>ACTIVE</b> - GX MARIA		8:00 - 8:45 AM <b>ACTIVE</b> - GX MARIA	7:00 - 7:50 AM <b>VIRTUAL RPM</b> - CS	7:50 - 8:35 AM <b>ACTIVE</b> - MPS JILL	8:00 - 9:00 AM <b>BODYPUMP</b> - MPS CHERRY	9:00 - 10:00 AM <b>CYCLE</b> - CS CHERRY
8:30 - 9:25 AM <b>S'WET</b> - FP JILL	8:00 - 8:50 AM <b>NEW CLASS!!!</b> <b>THE TRIP</b> - CS CHERRY	8:30 - 9:15 AM <b>MAT PILATES</b> - MPS SARA W	8:30 - 9:10 AM <b>THE TRIP</b> - CS AMY	8:30 - 9:15 AM <b>S'WET DEEP</b> - FP DARE	9:00 - 9:45 AM <b>BOLLY X</b> - GX FARIA	9:30 - 10:25 AM <b>U JAM</b> - GX TAIPAI
8:30 - 9:15 AM <b>BODYSHOP</b> - MPS MICHELLE B	8:30 - 9:30 AM <b>BODYPUMP</b> - MPS JENSS	8:30 - 9:25 AM <b>CARDIO SPLASH</b> - FP JOY	8:30 - 9:25 AM <b>TKO</b> - GX JULIE	8:45 - 9:40 AM <b>MAT PILATES</b> - MPS BONNIE	9:15 - 10:10 AM <b>CYCLE</b> - CS JOJO	9:30 - 10:15 AM <b>MAT PILATES</b> - MPS SARAH S
9:00 - 10:00 AM <b>CYCLE</b> - CS DONALD	8:30 - 9:25 AM <b>U-JAM</b> - GX TAIPAI	9:00 - 9:55 AM <b>ZUMBA</b> - GX ELENA	9:30 AM - 10:15 AM <b>MATRIX</b> - MPS JULIE	9:00 - 9:45 AM <b>BODYCOMBAT</b> - GX MICHELLE B	9:30 - 10:30 AM <b>VINYASA YOGA</b> - MPS ELIZABETH	10:30 - 11:15 AM <b>BODYSHOP</b> - MPS CHERRY
9:00 - 9:45 AM <b>ZUMBA</b> - GX RUDY	9:00 - 10:55 AM <b>NEW TIME!</b> <b>CYCLE</b> - CS RICK	9:00 - 10:00 AM <b>CYCLE</b> - CS AMY	9:30 - 10:15 AM <b>BARRE</b> - GX JESSIKA	9:30 - 10:30 AM <b>NEW TIME!</b> <b>CYCLE</b> - CS GEORGE	10:00 - 10:45 AM <b>PILATES FLOW</b> - GX BRITNEY	11:30 - 12:30 PM <b>YOGA</b> - GX GENEVIEVE
9:00 - 10:00 AM <b>CARDIO TENNIS-COURT 8</b> ROSS	9:30 - 10:15 AM <b>BARRE</b> - GX JESSIKA	10:00 - 10:45 AM <b>BALLISTICS</b> -MPS ANTIONETTE	9:30 - 10:25 AM <b>POWER WAVES</b> - FP JOY	10:00 - 10:45 AM <b>BODYSHOP</b> - MPS MICHELLE B	10:00 - 10:55 AM <b>AQUA FIT</b> - FP LINDA	2:30 - 3:20 PM <b>VIRTUAL RPM</b> - CS
9:30 - 10:25 AM <b>MAT PILATES</b> - MPS BONNIE	9:30 - 10:25 AM <b>S'WET</b> - FP DARE	10:10 - 11:10 AM <b>NEW TIME!</b> <b>VINYASA FLOW</b> - GX SARAH L	10:30 - 11:00 AM <b>STRETCH</b> - MPS JILL	11:00 - 11:50 AM <b>VIRTUAL TRIP</b> - CS	11:00 - 12:00 PM <b>RESTORITIVE YOGA</b> - GX BRITNEY	3:00 - 3:50 PM <b>BARRE</b> - GX JEN
10:00 - 10:45 AM <b>BODYCOMBAT</b> - GX JENSS	10:00 - 10:45AM <b>NEW TIME!!</b> <b>MATRIX</b> - MPS ALYSE	10:00 - 10:55 AM <b>AQUA FIT</b> - FP LINDA	11:00 - 11:45 AM <b>INTERMEDIATE TAI CHI</b> - GX MIN	11:00 - 11:55 AM <b>AQUA FIT</b> - FP LINDA	4:30PM - 5:20 PM <b>VIRTUAL RPM</b> - CS	4:00 - 4:55 PM <b>ZUMBA</b> - GX JEN
10:00 - 10:55 AM <b>AQUA FIT</b> - FP LINDA	10:30 - 11:15 AM <b>BONE BUILDING</b> - GX BRITNEY	11:20 - 12:20 PM <b>NEW TIME!</b> <b>HATHA YOGA</b> - GX SARAH L		11:00 - 12:00 PM <b>YOGA</b> - GX GENEVIEVE	<b>CLASS LOCATIONS</b>  GROUP EXERCISE STUDIO - GX FAMILY POOL - FP CYCLE STUDIO - CS MULTI PURPOSE STUDIO - MPS	
11:00 - 11:45 AM <b>BEGINNING TAI CHI</b> - GX MIN	11:30 - 12:20 PM <b>YOGA SCULPT</b> - GX BRITNEY	12:00 - 12:45 PM <b>BODYPUMP</b> - MPS SANDI		12:00 - 1:00 PM <b>BODYPUMP</b> - MPS JENSS		
11:00 - 12:00 PM <b>HATHA YOGA</b> - MPS SARAH L	12:30 - 1:00 PM (30 minutes) <b>VIRTUAL SPRINT</b> - CS	12:00 - 12:50 PM <b>VIRTUAL RPM</b> - CS	12:30 - 1:00 PM (30 minutes) <b>VIRTUAL SPRINT</b> - CS	12:30 - 1:00 PM (30 minutes) <b>VIRTUAL SPRINT</b> - CS	<b>UPCOMING EVENTS</b>  <b>NEW CLASSES</b> THE TRIP w/ Cherry Tuesdays, 8:00 am Cycle Studio  CHAIR YOGA w/ Ashley Wednesdays, 12:45 pm Group Exercise Studio  <b>HOLIDAY HOURS</b> 5:00am to 1:00pm DECEMBER 24 & 31 Modified class schedule  DECEMBER 25 Club Closed  Reservations are required for all classes on TCC app <b>CHECK TCC APP FOR CURRENT CLASS SCHEDULE</b>	
12:00 - 12:50 PM <b>VIRTUAL RPM</b> - CS	12:30 - 1:30 PM <b>GENTLE YOGA</b> - GX BRITNEY	12:45 - 1:45 PM <b>NEW TIME!</b> <b>CHAIR YOGA</b> - GX ASHLEY	12:30 PM - 1:30 PM <b>GENTLE YOGA</b> - GX BRITNEY	12:30 - 1:30 PM <b>NEW CLASS!!</b> <b>CHAIR YOGA</b> - GX ASHLEY		
12:15 - 1:00 PM <b>CIRCUIT CIRCUS</b> - GX MICHELLE						
	4:30 - 5:25 PM <b>MAT PILATES</b> - MPS BONNIE		4:30 - 5:25 PM <b>MAT PILATES</b> - MPS BONNIE			
5:00-5:45 PM <b>POUND</b> - MPS TONEE (ANTONETTE)	6:00 - 6:45 PM <b>STEP IT UP</b> - MPS ALLEN	5:00 - 5:45 PM <b>ZUMBA</b> - GX MERI/JEN	5:30 - 6:15 PM <b>BARRE</b> - GX JEN	4:30 - 5:25 PM <b>ZUMBA</b> - GX MERI		
6:00 - 6:45 PM <b>ZUMBA</b> - GX JILL	6:00 - 6:45 PM <b>BODYCOMBAT</b> - GX JENNY	6:00 - 6:45 PM <b>POP PILATES</b> - GX TONEE	6:00- 6:55 PM <b>NEW TIME!</b> <b>POWER WAVES</b> - FP JOY	5:30 - 6:15 PM <b>BODYSHOP</b> - MPS CECILIA		
6:00 - 6:45 PM <b>BODYSHOP</b> - MPS CECILIA		6:00 - 7:00 PM <b>BODYPUMP</b> -MPS MICHELLE B	6:30 - 7:15 PM <b>ZUMBA</b> - GX PATTY/JEN	6:00 - 6:55 PM <b>S'WET</b> - FP DARE		
6:00 - 7:00 PM <b>CYCLE</b> - CS GEORGE	6:30 - 7:30 PM <b>CYCLE</b> - CS AMY	6:00 - 7:00 PM <b>CYCLE</b> - CS AMY	6:30 - 7:30 PM <b>CYCLE</b> - CS RICK			
7:00 - 8:00 PM <b>RESTORITIVE YOGA</b> - GX MARCELLA	7:00 - 8:00 PM <b>VINYASA YOGA</b> - GX ELIZABETH	7:00 - 8:00 PM <b>GENTLE/RESTORITIVE YOGA</b> -GX MARCELLA	7:00 - 8:00 PM <b>VINYASA YOGA</b> - MPS ELIZABETH			

## GROUP EXERCISE CLASS DESCRIPTIONS

**ACTIVE:** This class is the perfect mix of cardio, strength, balance, and core. If you are just starting an exercise program, getting back to it, or want a class that will continue to keep you fit for an active life, then this is for you.

**AQUAFIT:** Water is the fitness equalizer. Using the resistive and buoyant properties of the water, this class will help to improve your muscular and cardiovascular endurance, core strength and range of motion. Perfect class for all levels.

**AM YOGA:** Start your day with a peaceful 45-minute Sunrise Gentle Yoga class. This session is designed to awaken your body and mind with slow, mindful movements and deep stretches. This class sets the tone for the rest of your day, leaving you refreshed and at peace. Perfect for all levels

**BALLISTICS:** Ballistics uses various exercise balls - Bosu ball, Stability ball, Medicine ball, and Pilates ball- to provide a dynamic workout focusing on strength, cardio, and balance. Participants should be able to easily get up and down off the ground and feel comfortable standing on an unstable surface.

**BARRE:** A combination of dance, pilates and strength moves using small props and the ballet barre to get your heart pumping & a toned body!

**BEGINNING TAI CHI:** This class is for everyone regardless of prior experience. It introduces the basics of Tai Chi, strutting from a standing posture, breathing, and whole body coordination, building up strong and flexible body movements with a peaceful inner universe. It lays out a firm foundation to move on to the next level.

**BODYCOMBAT™:** We strike, punch and kick, but without contact. Participants get their whole bodies fit and strong, burn massive calories, relieve stress, feel empowered and have a blast!

**BODYSHOP:** New exercises each week to keep your body guessing. Intervals of bodyweight, free weight, balance and core mixed with combinations of resistance training. Varying types of equipment used. This is a fun and effective class for all levels

**BODYPUMP™:** This barbell class is based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body.

**BOLLY X™:** Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 45-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

**BONE BUILDING CLASS:** Designed to benefit those with low bone density, safe for those with spinal stenosis or disc herniation, it is also a lot of FUN. Assessable to anyone who is mobile enough to get down and up from the ground .

**CARDIO CORE:** 45 minute high energy class that focuses on cardio, core and community. The goal is to challenge you where you are at and keep you moving forward on your path to fitness using dynamic movements.

**CARDIO SPLASH:** Improve your cardiovascular fitness, endurance, and range of motion by performing simple choreographed moves. This class uses music and the resistance of the water to turn up the heat! Shallow and deepwater options. Floatation belts are used in the deep water.

**CHAIR YOGA:** This is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Just like a regular yoga practice, Chair yoga increases flexibility, strength, and body awareness. When standing poses are included in a Chair yoga class, the chair is used to help with and improve balance. We also include breathing techniques to promote focus, mental clarity, and relaxation.

**CIRCUIT CIRCUS:** 45-minute high-intensity Circuit extravaganza incorporating dynamic cardio, strength, and plyometric exercises using various props and equipment. Be prepared to squat, lunge, jump, and run around.

**CYCLE:** Challenging and fun class on our Keiser bikes. You get a great cardio workout, as well as build endurance, strength, power and mental fortitude. Many types of terrains are simulated during your ride. SPD clips are needed for cycling shoes, but cycling shoes are not required

**GENTLE YOGA:** A sequence of simple postures and stretches performed at a slower pace to allow space for deep breathing and relaxation. A great addition to any fitness routine!

**HATHA YOGA:** Combing postures that coordinate with the breath, performed at a gentle pace allows time to be present in each pose. It also provides the opportunity to improve strength, flexibility, stability and ease to improve alignment and balance.

**INTERMEDIATE TAI CHI:** This Tai Chi class teaches standing meditation, Qigong, and basic Tai Chi movements to build muscle strength and balance, raise self-consciousness, and enhance the flow of energy.

**MAT PILATES:** Helps build muscular endurance, balance, body awareness, core strength, and flexibility for all fitness levels. Small props are used for standing and mat exercises. Participants should be able to get up and down off the floor independently

**MATRIX:** Total body strength and conditioning class using movement patterns to pre-fatigue certain muscles in order to target others. Challenging, fun and effective!

**MOBILITY MOVES:** This class is a great way to start your day or use as active recovery on a non-training day. We focus on how to move the entire body through movement patterns instead of individual muscle groups. The goal is to improve the ability to move naturally with control but without noticeable effort. Get ready to unleash your body's full potential.

**PILATES FLOW:** Fun mat-based strength and flexibility workout choreographed to upbeat music. Challenges students to rhythmically flow from one exercise to the next, developing a strong core while leaving no muscle untouched. Great for all levels!

**POP PILATES™:** Where strength meets flexibility. Think highly focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.

**POUND™:** Instead of listening to music, you become the music in this exhilarating full-body workout. Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Drumsticks provided! All levels welcome!

**POWER WAVES:** An intense aqua workout with interval training, plyometrics, power moves, and choreography to improve cardio fitness, muscular endurance, strength, and flexibility. No equipment- just you, the water, and great music! Floatation belts may be used in the deep water.

**RESTORATIVE YOGA:** Excellent pathway to quiet the mind and calm the body. Restorative postures release tension and encourage surrender into a deeper sense of relaxation and stillness through long passive holds in a series of restful poses. All levels are welcome and flexibility is not required!

**SPRINT:** A 30-minute High-Intensity Interval Training (HIIT), using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits. A high-intensity, low-impact workout, it's scientifically proven to return rapid results.

**STEP IT UP:** Need an energy boost? Join us for an easy to follow high-energy old school step class. This workout will keep the stress off your joints while giving you all the benefits of a high-intensity workout!

**STRENGTH AND CORE:** 45-minute high-energy class that focuses on strength, core and community. The goal is to challenge you where you are at and keep you moving forward on your path to fitness using dynamic movement and free weights.

**STRETCH:** This class incorporates different apparatus like foam rollers and therapy balls for muscle recovery along with gentle stretching. An important complement to your regular exercise routine to help you stay injury and pain-free.

**S'WET™:** Structured Water Exercise Training program designed to incorporate unique blocks of activity, each with a specific purpose, focused on H.I.I.T., strength and advanced cardio training, and a splash of fun that will challenge our entire body and make you S'WET!

**S'WET™ BOOTCAMP:** 45-minute high-intensity water workout that gets the heart pumping and body moving. Class includes wall work, equipment, and circuit/interval training. Come prepared to get your hair wet, work hard, and make some white water.

**S'WET™ DEEP:** Our newest Structured Water Exercise Training program specially designed for deep water fitness. You'll learn how to train smarter, not harder, by harnessing the buoyancy and resistance of the water to optimize your workouts

**THE TRIP™:** 40-minute class takes motivation and energy output to the next level, burning serious calories. Lose yourself in the experience and come out the other side mentally and physically invigorated

**TKO (TOTAL KNOCK OUT):** A high energy workout combining a mix of martial arts and athletic conditioning. Heavy bag gloves are recommended, but not required.

**U-JAM™:** Combining the energy and grittiness of urban dance with fitness, U-Jam brings the party to every class. Expect funky, adrenaline-based urban beats from around the world with easy-to-follow dance moves.

**VINYASA FLOW:** Invites practitioners to experience their breath through a series of linked postures, each series building new skills and sensations into the practice. This style of yoga becomes a deliberate moving meditation that builds strength freedom and fluidity in the body and mind.

**VINYASA YOGA:** A series of postures, one flowing seamlessly into the next, uniting body, mind, and breath, designed as a moving meditation. This class creates the opportunity to become stronger, more flexible, and balanced while practicing being present in the moment.

**VIRTUAL RPM:** A virtual instructor takes you on a journey of hill climbs, sprints and flat riding. You control the resistance levels and speed so you can build your fitness level over time.

**VIRTUAL SPRINT:** A 30-minute High-Intensity Interval Training (HIIT) workout with a virtual instructor, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits. A high-intensity, low-impact workout, it's scientifically proven to return rapid results.

**YOGA:** No matter your fitness goals or Yoga is for every" body"! This class combines postures that coordinate with the breath and are performed at a gentle pace allowing time to be present and provide the opportunity to improve strength, flexibility, stability, alignment, and balance.

**YOGA SCULPT:** A unique combination of flow yoga and strength training designed to create a full-body workout. Tone your muscles while you relax your mind and regulate your nervous system. Combining traditional yoga poses and strength training with hand weights, this class will leave you feeling stronger, refreshed, and uplifted."

**ZUMBA™:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.