

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 am Group Power KDS <i>Molly</i> <i>Live and Virtual</i>	6:15 am On Your Mark HIIT Weight Room, <i>Bill</i>	6:15 am Group Power KDS <i>Laurie</i>	6 am Boot Camp Kaufmann Gym <i>Bill</i>	6:15 am Group Power KDS <i>Marsha</i>	6:15 am Spinning Spin Studio <i>Laurie</i>	8:30 am On Your Mark HIIT Boxing Style Weight Room <i>Jermaine</i>
9 am On Your Mark HIIT Weight Room <i>Moya</i>	6:15 am Group Blast KDS, <i>Rachael</i>	7 am On Your Mark HIIT Weight Room <i>Alex</i>	6:15 am Spin Spin Studio <i>Marsha</i>	6:30 am On Your Mark HIIT Weight Room <i>Bill</i>	6:15 am Group Fight KDS <i>Lauren/Mike</i>	8:45 am Group Blast KDS <i>Evan</i>
9:30 am Group Fight KDS <i>Lauren</i>	6:15 am Spinning Spin Studio, <i>Marsha</i>	7:30 am Group Core KDS <i>Evan</i>	6:15 am Group Fight KDS <i>Laurie</i>	7:30 am Group Core KDS <i>Laurie</i>	7:15 am Blast 30 KDS <i>Molly</i>	10 am Group Centergy KDS <i>Evan</i>
9:30 am Spinning Spin Studio <i>Molly</i>	8 am Group Centergy KDS, <i>Laurie</i> <i>Live and Virtual</i>	8 am Group Power KDS <i>Evan</i>	7 am On Your Mark HIIT KDS Weight Room, <i>Alida</i>	8 am Group Power KDS <i>Laurie</i>	7:30 am Spinning Spin Studio <i>Evan</i>	11 am Group Active KDS <i>Evan</i>
10:30 am Yoga KDS <i>Moya</i>	8 am On Your Mark HIIT Weight Room	8:30 am On Your Mark HIIT Weight Room <i>Bill</i>	7:30 am 3D30 KDS <i>Mike</i>	8:30 am Stretch and Roll Recovery Room <i>Annie</i>	8 am Group Centergy KDS <i>Laurie</i> <i>Live and Virtual</i>	Room Key KDS Kaufmann Dance Studio
	9 am Pilates Recovery Room, <i>Annie</i>	8:30 am Pilates Recovery Room <i>Annie</i>	8 am Group Centergy KDS <i>Evan</i>	9 am Group Power KDS <i>Molly</i> <i>Live and Virtual</i>	8 am Yoga Stretch Recovery Room <i>Marsha</i>	RDS Robinson Dance Studio
	9:15 am Group Active KDS, <i>Molly</i> <i>Live and Virtual</i>	9 am Group Power KDS <i>Molly</i> <i>Live and Virtual</i>	8:15 am Yoga Stretch Recovery Room <i>Marsha</i>	9 am On Your Mark HIIT Weight Room <i>Bill</i>	8:30 am On Your Mark HIIT Weight Room <i>Alida</i>	
	9:15 am Spin 30 Spin Studio, <i>Laurie</i>	9:30 am Spinning Spin Studio <i>Annie</i>	8:30 am On Your Mark HIIT Weight Room <i>Jermaine</i>	9:30 am Spinning Spin Studio <i>Annie</i>	9:15 am Group Active KDS <i>Molly</i>	
		10:15 am Active Recovery Recovery Room <i>Alida</i>	9:15 am Spin 30 Spin Studio <i>Annie</i>	10:45 am Pilates Recovery Room <i>Annie</i>	9:15 am Yoga RDS <i>Pamela</i>	
			10 am Active Recovery Recovery Room <i>Annie</i>			
			10:15 am Group Active KDS <i>Evan</i>			

Member 
Appreciation
Week Feb. 10-16

See back for more info



SUNDAY

Fees

Centerfit Platinum:

No fee

General Members:

4 classes for \$40

NEW PROGRAM COMING SOON

MOVE30® will improve your Movement Health. In only 30 minutes, you will move with more ease, less restriction and increased confidence in everything you do in life or athletics. Expert coaching, motivating music and working at your own pace will help you succeed.

MONDAY

4 pm

On your Mark HIIT

KDS

Michael

5 pm

Zumba

KDS

Wendy

6 pm

Group Fight

KDS

Mike

6 pm

Spinning

Spin Studio

Molly

TUESDAY

4:15 pm

3D30

KDS

Annie

5 pm

Group Power

KDS

Evan

6 pm

Group Centergy

KDS

Evan

6:15 pm

Yoga

Levinson Hall

Taya

WEDNESDAY

5:30 pm

Group Core

KDS

Mike

6 pm

Group Fight

KDS

Mike

5:00 pm

Yoga

Recovery Room

Rebecca

THURSDAY

4:15 pm

Zumba

KDS

Wendy

5:15 pm

Group Power

KDS

Evan

6:15 pm

Group Centergy

KDS

Evan

6:15 pm

Spinning

Spinning Studio

Lauren

FRIDAY

4 pm

On Your Mark HIIT

Weight Room

Nicole

Member Appreciation
Week Feb. 10-16

General Members: Please see Membership to activate your Platinum Membership for the week to get free classes.

- **Bring a Friend for free**
- **Raffles**
- **Snacks**
- **Giveaways and more!**

Active Recovery is a low-intensity class that focuses on reducing muscle tightness and knots, and myofascial release. Foam rollers, lacrosse balls, yoga straps, and static and dynamic stretching are used to help you recover faster and perform better.

Boom, Muscle and Move is a 30-45 minute beginning to intermediate class, with weights provided, that improves strength, endurance and balance.

Free to members; \$2/AgWell members

Boot Camp is a structured, high intensity workout modeled after military style training. For the exerciser who needs additional motivation and a huge calorie burn.

Group Active is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances Movement Health™ for daily life, with a wide variety of innovative and athletic exercises using dumbbells, body weight and the step.

Group Blast is 60 minutes of cardio training that uses the step in a wide variety of ways to get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power and strength with exciting music and motivational coaching.

Group Centergy is an invigorating 60-minute full-body workout that incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this movement journey.

Group Core gives you a stronger core, from your shoulders to your hips, in 30 action-packed minutes. Motivating music will push you through a variety of innovative exercises that use your body weight, weight plates the step and a towel.

Group Fight is a gripping hour combining the hottest, adrenaline-fueled MMA (mixed martial arts) movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Motivational coaching and exciting music will get you fighting fit.

Group Power is a one-hour, cutting edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body exercises using an adjustable barbell, weight plates body weight, the step, heart pounding music and expert coaching.

3D30 is a full-body, three dimensional, loaded movement training workout using the ViPR PRO. Enhance your coordination, agility and athletic performance in this efficient 30 minute HIIT workout.

On Your Mark HIIT is 45 minutes of intense training with brief recovery periods. Lift, carry, push, pull, kneel, jump/step/climb over something, move from the ground to standing, row, bike and run to create a big calorie burn and improve overall fitness. Modifications for everyone, no matter your fitness level.

Pilates is a low-impact mat class focused on building strength, stability, and flexibility throughout the body with a focus on the core.

Stretch and Roll is a full-body class that targets specific muscles and tendons using a foam roller to increase flexibility, reduce tension and help you feel your best.

Yoga is a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation to promote mental and physical well-being.

Spinning And Spin 30 (30 minute format) is a group cycling class focusing on endurance, strength, intervals and recovery. Strengthen your heart, be kind to your joints, go easy on your knees and enhance your mental strength.