

CROSSROADS GROUP-X SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	Sara/Matt		Sara/Matt	EXPRESS Lindsey	Sara/Matt	8:00am Kim
8:45am	Kim	Lynn	Jane	RESTORATIVE Yoga Diane	Whitney	9:15-10:15 Rotation Yoga 10:30-11:30 Tyler
9:55am	Young at Heart Cardio/Balance & Core Lynn	20/20/20 20 cardio/20 strength 20 core & stretch Nan	Pilates Mat Nan	Sr. Strength & stretch Lynn	YAH Cardio/yoga Judy	
11:05am	Rhonda	Closed for cleaning	11:30 Rhonda	Closed for cleaning	Strength Maleen	SUNDAY
12:05pm	Vince/Lindsey Sara/Whitney	EXPRESS Rhonda	Lindsey 45 min	Rhonda	Sports Conditioning Sara	10:30-11:30 Rhonda
Classes After 1pm		Tai Chi 1:30 Mike	Yoga Diane 1:15pm			11:40-12:10 McKinley
4:20pm	Rhonda	Zoe	STEP Andi	Kim		Stretch Maleen 4 -5:00pm
5:30pm	Sports Conditioning Vince	EXPRESS McKinley	Sports Conditioning Vince	Yoga Lindsey		
Classes After 6pm	EXPRESS 6:45 Jeavon					

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:00am	6:15 On Demand	6:15 McKinley 30 min	Cycle Ann 45 min 6am		Lindsey 6am	12:30PM McKinley 30 min
12:05			Emily		John 30 min.	
5:30pm	Karissa 30 min.	Cycle Bootcamp Lindsey	McKinley	McKinley 30 min		



This 60-minute barbell class challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast! **BodyPUMP EXPRESS** -45 minute format, super setting triceps/biceps and lunges/shoulders.



Sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization. **EXPRESS** is a 30-45 minute version of BodyATTACK.



Yoga, Tai Chi and Pilates workout that builds flexibility and strength. Series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

CORE

This 30 minute class really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your abs and glutes, improving functional strength and assisting in injury prevention.



Is a 45 minute group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session.



Is a 30-minute workout of high intensity, designed using an indoor bike to achieve fast results. Sprint is built on the science of high-intensity interval training (HIIT).

THE TRIP-The Trip is a fully-immersive cycling class set in a digital world. Burn fat as you ascend a mountainous peak, or cycle through a space-age metropolis! This 40-minute cycling workout features a journey through digitally-created worlds.

\$BOOTCAMP -Runs in 8 week sessions Mon, Wed, Friday, from 6:00 to 6:45 am. An intense 45 min workout to help you get in shape or to kick up your current program to the next level! Enlist at the front desk.

20/20/20 This class consists of 20 minutes cardio/20 minutes strength/20 minutes core & stretch. A variety of equipment will be used to give you a total body workout. It is an intermediate class and is fun for anyone!



-Hybrid interval workout that will torch calories and change your body composition (burn fat)! CR-Fusion merges modern dance hip hop, kickboxing, strength, core and yoga together in one class.

Cycle-45 minute stationary bike workout that enhance cardiovascular endurance and muscular strength.

Cycle Bootcamp-This interval training class blends sprints, hills and endurance with full body moves and plyometrics off the bike to condition your whole body. (Cycling shoes not suggested for this class)

Pilates Mat- Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements.

Restorative Yoga (All levels) -This class is slower paced and will focus on stretching, balance and flexibility using the breath. This class is appropriate for students of all levels.

R.I.P.P.E.D -"plateau proof fitness formula". This workout combines resistance, intervals, power, plyometrics, and endurance all in one class!

Senior Strength Training- Resistance exercises for your muscle health, and stretching for both flexibility and balance. Emphasis is placed on proper technique and safety.

Sports Conditioning- A high intensity class that focuses on sport specific exercises and provides excellent cardiovascular and muscular conditioning for the ultimate workout! **Express Wednesday, 45 min format!**

STEP- Is a full-body cardio workout to really tone your butt and thighs.

Tai Chi- This style of exercise is done in a standing position. Tai Chi originated as a martial art and combines flowing movements with balance and posture.

YogaFit®-Based on Hatha Yoga, this class blends balance, strength, flexibility, and power in a fitness format. YogaFit® delivers a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness.

Yoga - This class incorporates elements of Vinyasa, Power yoga and **classical Pilates** with a focus on fundamental postures and movements. Beginners and advanced students can find this class beneficial to their practice..