### MONDAY
- 5:10-6:00AM SPINNING with Joe Spin RM
- 6AM STEP ’N HIIT with Erica (Rm 236)
- 9AM PILATES with Tasha (RM 231A)
- 5:30PM POUND with Robin Smith (RM 231A)
- 6:30PM PiYo Live with Shawnee (RM 231A)

### TUESDAY
- 6AM BOOTCAMP with Sandi (Rm 236)
- 12PM SPINNING with Tiffany Spin RM
- 5:30PM HAPPY HOUR with Naz (RM 236)
- 6:30PM REFIT with Erica (RM 236)

### WEDNESDAY
- 5:10-6:00AM SPINNING with Joe Spin RM
- 6AM STEP ’N HIIT with Erica (Rm 236)
- 9AM PILATES with Tasha (RM 236)
- 9AM FLOW YOGA with Kim DePew (Rm 231A)
- 6:30PM YOGA with Tasha (RM 231A)
- 7:30PM SOCIAL DANCE with Tony (Rm 231A)

### THURSDAY
- 6AM BOOTCAMP with Sandi (Rm 236)
- 12PM SPINNING with Tiffany Spin RM
- 5:30PM HAPPY HOUR with Naz 236
- 6:30PM REFIT with Erica (RM 236)

### FRIDAY
- 5:10-6:00AM SPINNING with Joe Spin RM
- 6AM STEP ’N HIIT with Erica (RM 236)
- 9AM STRONG with Robin Smith (RM 236)

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**Don't forget to check in at the Front Desk before each class!**

**Included with SRC Membership or $3/Class**
**BOOTCAMP with Sandi:** T/R 6AM-7AM RM 236: Bootcamp is an intense, total body workout that will incorporate various training platforms. Experience body weight routines, HIIT, Plyometrics, circuits, strength training, tabata and fun team challenges. This is a great class for every level of fitness!

**PiYo LIVE with Shawnee:** M 6:30-7:10pm RM 231A: PiYo LIVE is designed to build strength, improve flexibility, and tone muscles—all in the same class! Using only your body weight, you’ll perform a series of high-intensity moves (all without putting unnecessary stress on your body) while working every muscle for a long, lean, and incredibly defined physique. These dynamic, flowing sequences deliver real results through nonstop movement that burns serious calories and gets your heart pumping!

**POUND with Robin Smith:** M 5:30-6:15PM RM 231A: Pound is a cardio jam session inspired by the energizing and sweat dripping fun of playing the drums. Using Ripstix (lightly weighted drumsticks) it transforms drumming into an incredibly effective way to work out. Pound is designed for all fitness levels, it provides a perfect atmosphere for letting loose, getting energized, improving your health and rocking out!

**SPINNING with Joseph Lemoine:** M/W 5:10-6:00AM SPIN ROOM: Joe’s spinning classes are never boring! He plays a broad mix of music and mixes up the workout so much that before you know it you are dripping with sweat and the class is over!

**REFIT® with Erica Rogers:** T/R 6:30-7:20PM RM 236: is a cardio-dance fitness program designed to engage the body and soul, building endurance and community while engaging muscles. Exhilarating music and easy-to-learn movements designed for beginners as well as fitness enthusiasts.

**FLOW YOGA with Kim DePew:** W 9-9:50AM RM 231A: is about integrating body movement, breath, and awareness. This is energetically done through poses that help build both strength and flexibility. Class will consist of a warm up, a smooth heat-building flow sequence, a cool down, and a relaxation.

**HAPPY HOUR with Naz Bandolin:** TU/TH 5:30-6:10PM RM 236: Combining two great workouts into one convenient class. Easy to learn step routines, followed by a full body strength workout. Perfect for those who want to fit a powered workout into a short amount of time. This class will be a combination of Step, BOSU, Strength & Functional Training. Great for all fitness levels.

**Social Dance with Tony Silvaz:** W 7:30PM-8:30PM RM 231A: Come try out different types of social dance, including country swing, waltz, salsa and more! Bring a partner or some by yourself!

**Evening HATHA YOGA with Tasha:** W 6:30-7:20PM RM 231A: HATHA YOGA is an ancient practice of asanas (yoga postures) and pranayama (breathing exercises) which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation!

**STRONG by ZumbaT with Robin Smith:** F 9-9:50AM RM 236:is a high intensity interval training workout driven by the science of Synced Music Motivation. ... STRONG by ZumbaT is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout.

**STEP & HIIT with Erica Rogers:** MWF 6AM-7AM RM 236: The ultimate beginners HIIT workout. Burn 500 calories in as little as 35 minutes (class is 50 minutes long). You will be doing plank jacks, squat thrusts, supermans+lateral raises, tuck ups, mountain climbers, flutter kicks, star jumps, reverse lunges + single leg deadlifts, plank shoulder taps, tricep dips, jumping lunges and much, much more!

**PILATES with Tasha:** MW 9-9:50AM 231A: PILATES focuses on strengthening your core while making your body longer and leaner. Not only will you improve you core strength but you will also improve your posture, flexibility and balance.