

## MONDAY

# TUESDAY

## WEDNESDAY

# THURSDAY

**FRIDAY**

# SATURDAY

5:30 - 6:20 AM <b>BRAVO BOOTCAMP</b> Jim	5:30 - 6:15 AM <b>HIIT STRENGTH</b> Cacey	5:30 - 6:20 AM <b>BRAVO BOOTCAMP</b> Jim	5:30 - 6:15 AM <b>HIIT FULL BODY</b> Cacey	5:30 - 6:20 AM <b>BRAVO BOOTCAMP</b> Jim	7:30 - 8:45 AM <b>SLOW MOTION YOGA</b> Gina
8:00 - 8:50 AM <b>GENTLE YOGA</b> Gina	8:00 - 8:50 AM <b>BARRE &amp; PILATES FUSION</b> Janeen	5:30 - 6:20 AM <b>SPIN</b> Cacey	9:00 - 9:50 AM <b>PILATES</b> Glenna	8:00 - 8:50 AM <b>PILATES YOGA FUSION</b> Glenna	8:00 - 8:45 AM <b>HIIT STRENGTH</b> Allie
9:00 - 9:50 AM <b>BARRE</b> Glenna	9:15 - 10:05 AM <b>INTERVAL STRENGTH TRAINING</b> Janeen	7:30 - 8:20 AM <b>GENTLE YOGA</b> Bill	9:50 - 10:00 AM <b>LOWER BODY</b> Glenna	9:00 - 9:50 AM <b>SPIN</b> Sarah	9:00 - 9:50 AM <b>BOXING CIRCUIT</b> Lucy
9:30 - 10:20 AM <b>AQUA BLAST</b> Bridgett	9:30 - 10:20 AM <b>AQUA BLAST</b> Sarah	8:20 - 8:30 AM <b>MEDITATION</b> Bill	9:30 - 10:20 AM <b>AQUA BLAST</b> Sharon	10:00 - 10:50 AM <b>BEYOND FOREVER FIT</b> Sharon	9:00 - 10:15 AM <b>GENTLE YOGA</b> Shaza
10:00 - 10:50 AM <b>FOREVER FIT</b> Glenna	5:30 - 6:15 PM <b>HIIT STRENGTH</b> Jackie	9:00 - 9:45 AM <b>HIIT FULL BODY</b> Sarah	12:00 - 12:50 PM <b>INTERVAL STRENGTH TRAINING</b> Carrie	11:00 - 11:50 AM <b>GENTLE YOGA /MYOFASCIAL</b> Gina	10:30 - 11:20 AM <b>ZUMBA</b> Lucy
11:00 - 11:50 AM <b>CHAIR YOGA</b> Gina	6:20 - 7:10 PM <b>ZUMBA</b> Michele	10:00 - 10:50 AM <b>FOREVER FIT</b> Glenna	5:30 - 6:15 PM <b>BOXING CIRCUIT</b> Lucy	<b>SUNDAY</b>	
4:30 - 5:20 PM <b>SPIN</b> Selena		5:30 - 6:15 PM <b>HIIT BOOTCAMP</b> Carrie	5:30 - 6:20 PM <b>YOGA for STRESS &amp; ANXIETY</b> Gina	8:00 - 8:45 AM <b>HIIT FULL BODY</b> Marcella	9:00 - 9:50 AM <b>SPIN</b> Marcella
5:30 - 6:15 PM <b>HIIT BOOTCAMP</b> Carrie		6:00 - 6:50 PM <b>BARRE</b> Janeen	6:30 - 7:20 PM <b>ZUMBA</b> Lucy	8:00 - 8:50 AM <b>SLOW FLOW</b> Agnes	9:00 - 9:50 AM <b>POWER SCULPT</b> Glenna
6:00 - 6:50 PM <b>BARRE</b> Janeen		7:00 - 7:50 PM <b>INTERVAL STRENGTH TRAINING</b> Allie	6:30 - 7:20 PM <b>SPIN</b> Carrie	7:20 - 7:30 PM <b>HARDCORE</b> Carrie	10:00 - 10:50 AM <b>PILATES</b> Emily
6:45 - 7:35 PM <b>BOLLYWOOD</b> Arthi	<b>TEN MINUTE STACKABLE CLASSES</b>				
7:00 - 7:50 PM <b>INTERVAL STRENGTH TRAINING</b> Janeen	<p><b>MIND/BODY</b> Yoga ---&gt; Mind/Body Studio Barre ---&gt; Group Fitness</p> <p><b>SPIN</b> Expanded Fitness Area</p> <p><b>AQUA</b> Lap Pool</p> <p><b>HIIT</b> HIIT ---&gt; HIIT Area, BRAVO ---&gt; Gymnasium or Outside</p>				
	<p><b>CARDIO/STRENGTH</b> Zumba &amp; Forever Fit ---&gt; Group Fitness Room</p> <p>Boxing Circuit &amp; Spin ---&gt; Expanded Fitness Area</p> <p>Beyond Forever Fit ---&gt; HIIT Area</p> <p><b>Note:</b> Classes may vary in duration slightly based on instructor's discretion.</p>				



## TEN MINUTE STACKABLE CLASSES

**MIND/BODY** *Yoga ---> Mind/Body Studio*  
*Barre ---> Group Fitness*

#### **■ SPIN** *Expanded Fitness Area*

## AQUA *Lap Pool*

**HIIT** *HIIT ---> HIIT Area, BRAVO ---> Gymnasium or Outside*

**CARDIO/STRENGTH** Zumba & Forever Fit ---> Group Fitness Room  
Boxing Circuit & Spin ---> Expanded Fitness Area  
Beyond Forever Fit ---> HIIT Area

**Note:** Classes may vary in duration slightly based on instructor's discretion.

TheClubPS.com

# Class Descriptions

\$ HIIT CLUB

AQUA

SPIN

MIND / BODY

CARDIO / STRENGTH

**HIIT CLUB** classes are for HIIT Club members only and require a monthly fee for unlimited classes. All fitness levels welcome.

Please arrive 5 minutes before class.  
Contact Membership to upgrade!

**\$ BRAVO BOOTCAMP** An encouraging, positive, team environment where everyone works together and no one is left behind. Each workout is designed to challenge all fitness levels with a mix of strength and cardiovascular exercises consisting of push-ups, sit ups, pull ups, squats, running/walking and more to increase endurance, power and strength!

**\$ HIIT BOOTCAMP** This fast moving and fun class will challenge participants to give their best effort but encourage them to work at their own pace featuring everything from pushups, burpees, sleds and flipping tires!

**\$ HIIT FULL BODY** Participants engage in a series of total body cardio and strength exercises reaching max effort with brief periods of rest in-between. The purpose of this class is to keep the heart rate consistently elevated in different target zones.

**\$ HIIT STRENGTH** Move quickly from body weight moves to using weights and other fun accessories! This dynamic workout uses varied tempos and resistance to challenge your whole body.

**SPIN** Intense group cycling class working both aerobically and anaerobically. An action packed ride that simulates real road conditions and is the ultimate calorie burner. Arrive 5 min. prior.

**AQUA BLAST** Get stronger and leaner with little impact on your joints using water resistance, aquatic dumbbells, noodles, steps and more. Come jump, kick and splash your way through this energizing class. Set to music and all fitness levels welcome.

**PILATES** Link the mind and body through this core strengthening mat class. Techniques improve posture and alignment while increasing flexibility and range of motion.

**BARRE** Strengthen the entire body, focusing on alignment and posture to improve balance, coordination, stability, strength and overall function. Most movements will use bodyweights but also incorporate equipment such as light dumbbells, mini ball and flat resistance band.

**CHAIR YOGA** Chair yoga is a gentle, yet effective practice designed for all ages and mobility levels, especially seniors, individuals recovering from injury, or anyone seeking a more accessible way to stay active and centered.

**GENTLE YOGA** Focus on breath and body to improve health, emotional balance and mental clarity. All levels welcome.

**MYOFASCIAL YOGA** Unwind deep tension and restore freedom in your body with Myofascial Yoga, a slow, therapeutic practice that blends gentle yoga movement with myofascial release techniques.

**FLOW to YIN YOGA** A hybrid experience that begins with a dynamic 45-minute Vinyasa flow-linking breath with movement to build heat, strength, and flexibility. The class transitions into a Yin format where poses are held passively.

**SLOW MOTION YOGA** This class will focus on proper alignment as we move thru slow flow sequence. We will purposefully slow down the standard moves of a flow yoga class to access the small stabilizing muscles that need to engage to keep our practice safe and strong.

**SLOW FLOW** Breath-centered yoga combining slow flow and Yin postures for balance, flexibility, and deep relaxation. Move mindfully, connect with your breath, and release tension at a gentle pace. All levels welcome.

**WARM VINYASA FLOW** You will be guided through a series of poses designed for strength and flexibility. Bring a towel and a water bottle.

**PILATES YOGA FUSION** Deep focus on core work while combining the flow and stretching aspects of yoga. Mind-body strength training will also be incorporated for toning and metabolic enhancement.

**BARRE & UPPER BODY STRENGTH/CORE** Sculpt your legs and glutes with easy-to-follow movement at the barre, this class will focus on increasing strength, balance and stability. Ideal for all fitness levels.

**BARRE & PILATES FUSION** Lengthen & strengthen your arms and legs using isometric movements then go to the mat with Pilates to improve flexibility & build core strength.

**YOGA for STRESS/ANXIETY** Pranayama breath-work technique, relaxing the mind away from the worries of the day. Then we move into a gentle yoga sequence emphasizing gentle stretching to encourage your muscles to relax and promote body awareness.

**FOREVER FIT** This safe and effective fitness class will help build density while improving endurance, strength, flexibility and balance. Great class to kick-start your new or improved fitness lifestyle.

**BOLLYWOOD** Bollywood is a high-energy dance-based full body workout that incorporates different styles and dynamic choreographies from Bhangra to Bollywood Film music. It makes the heart-rate travel from high-intensity intervals to medium and slower pace based on the beat and rhythm. Fun, high energy cardio workout and modifications.

**TRX CIRCUIT** This is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. This class will use free-weights and the TRX suspension strap to give you a full body workout.

**BEYOND FOREVER FIT** All that you love about Forever Fit class PLUS explore the new fitness area and expand your fitness knowledge. All fitness levels welcome.

**BOXING CIRCUIT** This circuit style boxing workout focuses on a variety of boxing drills including bag drills that build speed, punching power, accuracy and technique. This class is designed to provide a great cardio and full body workout for all fitness levels while developing/fine tuning boxing fundamentals.

**INTERVAL STRENGTH TRAINING** Moderate to fast paced class will work all of your muscle groups! Features a mix of free weights, bodyweight and functional and plyometric movements. Finish your class with a blast of core work.

**POWER SCULPT** Moderately paced fitness class combining cardio and compound strength training. This class will incorporate weights, med balls and step conditioning. Finish up with a blast of core work for a full body workout.

**ZUMBA** Get ready to sweat in this Latin flavor "fitness-party" class. Easy to follow, body energizing moves keep you motivated and inspired. A combination of fast and slow rhythms are used to sculpt and tone.

**RESERVE YOUR SPOT IN CLASS  
WITH THE MYZONE APP!**

**SCAN THE CODE BELOW AND FOLLOW  
THE WALKTHROUGH INSTRUCTIONS.**

**FACILITY CODE: PSSWUS001 (case sensitive)**

