

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00a - Vicious Cycle (S) Sandy Krigel	6:00 - 7:00a - Power Spin (S) Mike Owens	6:00 - 6:50a - Kickin' Conditioning (A) April King	5:30 - 6:30a - TRX Training* (B) Albert Lee	6:00 - 6:50a - Strength Training (A) Annie Pazder	8:00 - 9:00a - Power Spin (S) Mark Schleihs	8:30 - 9:30a - Strength Training (A) Jeff McDaniel
6:00 - 7:00a - TRX Training* (B) Kate Chaney	8:30 - 9:30a - Steptacular (A) Jodie Schnakenberg	6:00 - 7:00a - Vicious Cycle (S) Dylan Elliott	6:00 - 6:45a - Spinerger (S) Mike Owens	6:00 - 7:00a - Power Spin (S) Jodie Schnakenberg	8:00 - 9:10a - Steptacular (A) Patty Matthews	9:15 - 10:30a - Vinyasa Yoga (Y) Sumya Anani
8:30 - 9:30a - Low Core (A) Tori Maisch	8:30 - 9:45a - Hatha Flow Yoga (Y) Molly Root	8:30 - 9:30a - Cardio-Interval (A) Patty Matthews	8:30 - 9:30a - Tae-Box (A) Michelle Derry	6:30 - 7:30a - Sunrise Yoga (Y) Therese Hogerty	8:15 - 9:15a - Sculpt Fusion (B) Michelle Derry	9:30 - 10:30a - Step Circuit (A) Shelley Meyers
8:30 - 9:30a - Spin 'n' Sculpt (S) Mike Owens	8:30 - 9:30a - Simply Spin (S) Kate Chaney	8:30 - 9:30a - Core Spin (S) Michelle Derry	8:30 - 9:45a - Hatha Flow Yoga (Y) Mara Colbert	8:30 - 9:30a - Sculpt Fusion (A) Patty Matthews	9:15 - 10:30a - Vinyasa Yoga (Y) Jenny Farrell	9:30 - 10:30a - Core Spin (S) Mark Schleihs
8:30 - 9:45a - Hatha Flow Yoga (Y) Lisa Uhl	9:30 - 10:30a - Sculpt Fusion (A) Michelle Derry	8:30 - 9:45a - Hatha Flow Yoga (Y) Lisa Uhl	9:30 - 10:30a - Strength Training (A) Annie MacDonald	8:30 - 9:45a - Vinyasa Yoga (Y) Sumya Anani	9:15 - 10:15a - Body Pump (A) Dana Goodale	10:30 - 11:30a - Zumba (A) Annie Pazder
9:30 - 10:30a - Arms 'n' Abs (A) Patty Matthews		8:45 - 9:45a - TRX Training* (B) Toni Dodd		9:30 - 10:30a - Pilates Mat (A) Dana Goodale	9:30 - 10:30a - Pure Stretch (B) Annie Pazder	11:00 - 12:15p - Vinyasa Yoga (Y) Carrie Scott
10:00 - 11:00a - Yoga Basics (Y) Therese Hogerty		9:30 - 10:30a - Pilates Ball Sculpt (A) Dana Goodale		10:30 - 11:30a - Active Living (A) Annie MacDonald	9:30 - 10:15a - Spinerger (S) Jeff McDaniel	
		10:30 - 11:30a - Active Living (A) Dana Goodale			10:15 - 11:15a - Body Combat (A) Albert Lee	
			12:00 - 1:00p - Vinyasa Yoga (Y) Molly Root		10:30 - 12:00p - Kids Karate* (B) Fabio Rodriguez - All Levels	
	12:10 - 1:10p - Rhythm Ride (S) Dana Goodale			12:10 - 1:10p - Rhythm Ride (S) Annie Pazder	11:30 - 1:00p - Adult Karate* (B) Fabio Rodriguez	
		4:30 - 5:30p - Kids Karate* (B) Fabio Rodriguez - Beg Level		5:30 - 6:30p - Happy Hour Spin (S) Kate Chaney	11:45 - 12:45p - Family Vinyasa (A) Jenny Farrell	
5:15 - 5:45p - Jump Core (A) Annie Pazder	4:45 - 5:45p - Strength Training (A) Tori Maisch	4:45 - 5:30p - Pilates Mat (A) Therese Hogerty				
5:30 - 6:45p - Vinyasa Yoga (Y) Molly Root	5:45 - 6:45p - Body Combat (A) Annie MacDonald	5:30 - 6:30p - Kids Karate* (B) Fabio Rodriguez - Adv Level	5:30 - 6:30p - Power Pilates (B) Michelle Etnire			
5:45 - 6:45p - Body Pump (A) Dylan Elliott	5:45 - 7:00p - Vinyasa Yoga (Y) Beth Hoenscheidt	5:30 - 6:30p - Step Circuit (A) Shelley Meyers	5:30 - 7:00p - Ashtanga Series I (Y) Carrie Scott			
6:00 - 7:00p - Pilates Mat (B) Shelley Meyers	6:00 - 6:45p - Cycle Express (S) Kate Chaney	5:30 - 6:45p - Power Yoga (Y) Therese Hogerty	5:45 - 6:45p - Body Pump (A) Dana Goodale			
6:00 - 6:45p - Spinerger (S) Jeff McDaniel	6:45 - 7:45p - Metabolic MeltDown (A) Annie Pazder	6:00 - 7:00p - Power Spin (S) Jodie Schnakenberg	6:00 - 6:45p - Cycle Express (S) Dylan Elliott			
7:00 - 8:00p - Moonlight Yoga (Y) Carrie Scott	7:00 - 8:15p - Yoga/Core For Men (Y) Therese Hogerty	6:30 - 8:00p - Adult Karate* (B) Fabio Rodriguez	7:00 - 8:00p - Zumba (A) Annie Pazder			
7:00 - 8:00p - Tai Chi (B) Joe Estrada		7:00 - 8:00p - Yoga Basics (Y) Beth Hoenscheidt				
7:15 - 8:15p - Zumba (A) Amber Smith						

Class Location Key:
 Main Studio (A) Yoga Studio (Y)
 Spinning Studio (S) Basketball Court (B)
 *Fee-based class
 see reverse side for class descriptions

YOGA / PILATES / FLEXIBILITY

Family Vinyasa Yoga This class will stay true to the flowing style of our current Vinyasa classes. This kid-friendly class will provide a nurturing environment for members of all fitness level ages 11 and up.

Hatha Flow Yoga Postures are linked together and held to develop endurance, flexibility and relaxation. This blend of movement, breath and intense focus creates an internal heat. All levels.

Moonlight Yoga Relax and unwind after work. This slower-paced yoga class will stretch your body and de-stress your mind. Perfect for a pre-bedtime routine. Appropriate for basic and intermediate levels.

Pilates Ball Sculpt This class uses the fit ball and your body weight to tone your entire body, especially your core. All levels.

Pilates Mat Sculpt from head to toe with a series of floor exercises that focus on strengthening and lengthening core muscles. Breathing and alignment emphasized. All levels.

Pure Stretch This peaceful class will increase flexibility and decrease stress. Sustained stretches are the focus of this tranquil class. All levels.

Vinyasa Yoga A creative fusion of connected classical and ashtanga yoga postures that flow in a sequence. Develop concentration, muscular strength and reduce stress. Some yoga experience recommended. Modifications will be made.

Yoga Basics This entry-level class provides detailed explanations on breathing and technique. Great for beginners or those who wish to review the basics.

Yoga/Core for Men No ladies allowed! We keep the male ego in mind with postures that focus on your least flexible body parts: hams, quads, low back and hips. Leave relaxed, stretched out and with a stronger core. All levels welcome.

CARDIOVASCULAR

Body Combat This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful instructors - strike, punch, kick and kata your way through calories. All levels.

Cardio-Interval A medley of fat-burning floor aerobic segments interspersed between toning segments. Your feet won't stop in this high-energy class. All levels.

Jump Core Burn 500+ calories in this 30-minute jump rope interval class. Experience the wide world of jump rope techniques combined with intense sports and core conditioning. Intermediate to Advanced levels.

Low Core A challenging and fun class with 35 minutes of low-impact aerobics and 25 minutes of moves for the abs and back. A true fat-burning class. All levels.

Metabolic Meltdown An intense, total-body workout designed to get your heart rate up and spike your metabolic rate using a variety of moves to fire-up all energy systems, melting pounds and toning your total body. Intermediate to advanced levels.

Step Circuit This class blends 5-minute intervals of step aerobics with upper and lower body strength training using bars, dumbbells, tubes and your bodyweight. Finish with abs and a stretch. All levels.

Steptacular For the serious stepper, this class offers complex yet well-taught combinations so you have fun while you burn fat. Advanced levels.

Tae-Box This high-intensity class blends punches and kicks set to upbeat music to increase endurance and improve body tone. All levels.

Zumba A cardio class that fuses Latin and international rhythms and easy-to-follow moves to create a fat-burning workout that will blow you away. All levels.

STRENGTH CONDITIONING

Active Living The mature exerciser is the focus, with intervals of light weights, cardiovascular work and ball exercises. Increases stamina and bone density. All levels.

Body Pump This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Powerful music, trained instructors and your choice of weight inspire you to get the results you came for! All levels.

Kickin' Conditioning A combination of cardiovascular, conditioning and kickboxing exercises that will tone and strengthen your body. Intermediate to advanced levels.

Sculpt Fusion This creative class delivers the ultimate total body workout. The upper and lower body are integrated into each exercise with your core muscles doing the connecting. These innovative moves raise your heart rate while building strength, endurance and balance. Intermediate to advanced levels.

Strength Training Weight training techniques utilizing a variety of equipment are used to condition muscle tissue, improving overall lean muscle mass. All levels.

FEE - BASED CLASSES

Karate Taught by members of the international organization Japan Karate-Do Ryobu-Kai. JKR's method is based in the traditional Japanese curriculum - kihon (fundamentals), kata (form) and kumite (sparring). Both adults and kids classes are available. To register, kids must be at least 6 years old and must start the first class of each month. \$20 per month for members.

TRX Training This modality allows for a complete training program that will challenge total body strength. Using your body weight, gravity and a progressive stability challenge, this program demands recruitment of core musculature. With progressive guidance from our TRX coaches, TRX is suitable for most fitness levels. Space is limited to 10 members per class. \$20 per single session.

CYCLING

Space is limited, call 913.831.9663 to reserve a bike. Check-in at the desk is required before entering spin studio.

Core Spin This traditional class focuses on core strength, proper alignment and riding technique. Includes a core training segment to work abs and back.

Cycle Express This short-yet-tough class lets you get in and get out! Intervals, uphill sprints and resistance work get it done in a 45-minute class.

Happy Hour Spin Before you check out for the week, hit this after work Friday class and burn it up so you can relax for the rest of the weekend. All levels.

Power Spin Enhance your ability to produce and maintain power on a bike. Whether you ride for fun or race, we will target specific training goals. See marked improvements in your cycling and overall fitness.

Rhythm Ride Feel the music in this hardcore, lunchtime workout. With a mix of rock, house and current grooves, the rhythm is guaranteed to help you dig deep. Energizing and powerful. The music matters.

Simply Spin For those who want to ease their way into spinning in a non-intimidating environment. Focuses on making spinning safe and effective for any body type, ability level and age group.

Spinergy This fun class is appropriate for beginners, or anyone wanting a slightly less intense class. 45 minutes.

Spin 'n' Sculpt A great combination: 45 minutes of hills, sprints, and jumps with 15 minutes of upper-body sculpting with dumbbells.

Vicious Cycle This advanced workout combines high-intensity climbs, jumps and sprints guaranteed to push you to your limit.