



Arcadia Branch

SPINNING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
KIM 8:30-9:15	CHRIS 8:00-8:45	CHRIS 8:00-8:45	CHRIS 8:00-8:45	KIM 8:00-8:45		CHRIS 8:30-9:15
EVENING						
	KIM 5:15-6:00	KRISTIN 5:30-6:15	KIM 5:15-6:00	KRISTIN 5:30-6:15		

***SPIN RESERVATIONS CAN BE MADE 24 HOURS IN ADVANCE BY PHONE. 401-539-2306.**

GROUP EX SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
	KIM STEP 8:00-8:25		JANICE VINYASA YOGA 7:45-8:45		KIM MOVIN' & LIFTIN' 8:00-9:00	
	KIM MOVIN' & LIFTIN' 8:30-9:30	JANICE CHAIR YOGA 11:00-12:00	KAREN FITNESS MEDLEY 9:00-9:45	KAREN ADULTS IN MOTION 10:00-10:45		ILLANA ZUMBA 9:30-10:30
EVENING						
	KATIE POUND 5:15-6:00		REGINA POUND 5:45-6:45	JANICE YOGA FLOW 6:15-7:30		

CLASS DESCRIPTIONS ARE ON THE BACK!



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Adults in Motion – For all ages! This class is designed to tighten, tone, improve balance, flexibility, and endurance with the use of weights, balls, bands and low impact, mid-tempo cardio routines.

Chair Yoga – Class begins with breathing and centering as students are guided and encouraged to stay connected to the breath and find ease of movement that suits their individual bodies. This class can be done in or out of a chair.

Fitness Medley – This class mixes up resistance training and body weight exercises with high intensity intervals. You will be training to develop strength, stamina, and agility.

Movin' and Liftin' – This class uses a mix of cardio drills, body weight exercises, as well as equipment to increase your strength, endurance, and overall fitness.

POUND – An interactive cardio jam session using lightly weighted drumsticks.



SPINNING – Indoor cycling.

Step – 60 minutes of STEP with strength training for an overall total body workout.

Yoga Flow – This multi-level class accommodates to both beginners and more experienced participants. As participants are guided through a flowing practice they are encouraged to stay connected to the breath and find ease of movement that suits their individual bodies.

Vinyasa Yoga – Vinyasa yoga will have you seamlessly moving from one posture to another using breath. This style of yoga offers a variety of postures and no two classes are ever alike.

Zumba – A Latin inspired, dance fitness class that incorporates Latin and international music and dance movements to achieve a unique blended balance of cardio and muscle-toning benefits.

