## MONDAY
- **YOGA (KINE)**
  - Sequoia | 8:00 am
  - Nancy
- **YOGA (KINE)**
  - Sequoia | 9:00 am
  - Nancy
- **YOGA (KINE)**
  - Sequoia | 10:00 am
  - Nancy
- **1/2 HOUR ABS**
  - Sequoia | 12:15 pm
  - Lizeth F.
- **KICKBOXING**
  - Sequoia | 1:00 pm
  - Jason
- **ZUMBA**
  - Sequoia | 4:15 pm
  - Erica
- **TOTAL BODY CONDITIONING**
  - Sequoia | 5:30 pm
  - Lizeth C.
- **CYCLING IN THE DARK**
  - Mojave | 7:00 pm
  - Elizabeth
- **YOGA (RESTORATIVE)**
  - Sequoia | 8:15 pm
  - Yani

## TUESDAY
- **CARDIO KICKBOXING (KINE)**
  - Sequoia | 8:30 am
  - Melissa
- **INTERVAL TRAINING (KINE)**
  - Sequoia | 10:00 am
  - Melissa
- **1/2 HOUR ABS**
  - Sequoia | 11:30 am
  - Lizeth C.
- **BUTTS & GUTS (45 MINS)**
  - Sequoia | 12:00 pm
  - Lizeth F.
- **CYCLE & CIRCUIT**
  - Mojave/Sequoia | 1:30 pm
  - Melody
- **KICKBOXING**
  - Sequoia | 4:15 pm
  - Bianca
- **ZUMBA**
  - Sequoia | 5:30 pm
  - Leah
- **POWER CYCLE (45 MIN)**
  - Mojave | 7:00 pm
  - Ricardo
- **YOGA (FLOW)**
  - Sequoia | 8:15 pm
  - Yani

## WEDNESDAY
- **YOGA (KINE)**
  - Sequoia | 8:00 am
  - Nancy
- **YOGA (KINE)**
  - Sequoia | 9:00 am
  - Nancy
- **YOGA (KINE)**
  - Sequoia | 10:00 am
  - Melissa
- **1/2 HOUR ABS**
  - Sequoia | 11:30 am
  - Jenny
- **KICKBOXING**
  - Sequoia | 1:00 pm
  - Jason
- **ZUMBA**
  - Sequoia | 4:15 pm
  - Erica
- **TOTAL BODY CONDITIONING**
  - Sequoia | 5:30 pm
  - Lizeth C.
- **POWER HOUR**
  - Sequoia | 7:00 pm
  - Yani
- **CYCLING IN THE DARK**
  - Mojave | 8:15 pm
  - Elizabeth

## THURSDAY
- **CARDIO KICKBOXING (KINE)**
  - Sequoia | 8:30 am
  - Melissa
- **INTERVAL TRAINING (KINE)**
  - Sequoia | 10:00 am
  - Melissa
- **1/2 HOUR ABS**
  - Sequoia | 11:30 am
  - Rapi
- **BUTTS & GUTS (45 MINS)**
  - Sequoia | 12:00 pm
  - Arturo
- **KICKBOXING**
  - Sequoia | 4:15 pm
  - Jorge
- **ZUMBA**
  - Sequoia | 1:30 pm
  - Jorge
- **YOGA (FLOW)**
  - Sequoia | 5:30 pm
  - Bianca
- **POWER CYCLE (45 MIN)**
  - Mojave | 7:00 pm
  - Ricardo
- **POWER HOUR**
  - Sequoia | 8:15 pm
  - Rapi

## FRIDAY
- **1/2 HOUR ABS**
  - Sequoia | 11:30 am
  - Ricardo
- **BOOT CAMP (45 MINS)**
  - Sequoia | 12:15 pm
  - Rapi

## SATURDAY
- **BOOT CAMP**
  - Sequoia | 10:00 am
  - Melody

**All classes are 50 minutes in length unless otherwise noted.**

*Class requires protective covering for hands.
Kickboxing gloves are available for check out at the SRC front desk.

Please arrive on time for class. Entrance will not be permitted 15 minutes after start time.
Drop-in participation welcome for all KINE classes.
GROUP X Class Descriptions

1/2 HOUR ABS
Only have a 1/2 hour? This class is 30 minutes of solid abdominal and core strengthening exercises! Get in and out before you have to get back to work or class while working on achieving those “six pack” abs!

BOOT CAMP
Boot camp combines a variety of training styles including circuits, cardio intervals, and muscular conditioning to target the major muscle groups of the upper and lower body. Participants use equipment such as dumbbells, exercise bands, and body weight exercises to improve cardiovascular stamina and strength. Class is open to all fitness levels.

BUMPS & GUTS
A structured, fast-paced class, which targets your abs, legs, and bottom! Bumps & Guts is designed to achieve a mid to high aerobic level of intensity. You’ll start this workout with a warm-up circuit, and then move into multiple strength and cardio circuits. Finish off with a cool down and some stretches to have you ready to tackle the rest of your day!

CYCLE & CIRCUIT
Are you looking for the best of both worlds? Cycle and Circuit is the answer! This class is a combination of high intensity indoor cycling and weights/abdominal exercises that are sure to get you sculpted! Spend 30 minutes pedaling to great tunes, then head downstairs for 30 minutes of circuit training using a variety of equipment.

CYCLING IN THE DARK
Get ready for this party ride. Sprint and climb to the beat of music picked to motivate and inspire! Low lighting sets the mood to put in all you’ve got with a twist. Cycling is a great way to increase heart rate, build endurance, and strengthen the lower body. Come on in for the ride!

KICKBOXING
This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Come try one of the most popular fitness trends and kick, jab, cross, and upper-cut your way to a fitter you to increase your self-defense skills! *Protective covering for hands required. Kickboxing gloves are available for check out at the SRC front desk.

POWER CYCLE
Join this cycling class for a fun, challenging HIIT-style training in which you alternate short, high intensity cycling intervals with slower intervals to recover. Remember, you’re always in control of the pedal resistance on your bike. This class is a great way to improve endurance, and build strength on the NEW indoor cycling bikes!

POWER HOUR
High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with slower or rest intervals to recover. This class is a great way to burn fat, improve endurance, and build strength. Get energized and try this skill-building workout.

TOTAL BODY CONDITIONING
An energetic workout including strength, cardio and core in one class. This “total body fitness” class uses free weights, kettlebells, resistance bands, body bars, BOSUs, elevated steps, and foam rollers to sculpt and tone the major muscle groups. Cardio bursts are also incorporated to keep your heart rate up. Exercises can be modified to accommodate all fitness levels.

YOGA (FLOW)
This class is designed for someone looking to flow through stretching various areas of the body. Intentions behind this session are to move through stretching the body, while still maintaining awareness of the mind and breath. Benefits include increased flexibility, strengthening and toning muscles, mindfulness, and self-awareness.

YOGA (RESTORATIVE)
Long day? Stressed out? This is the perfect class for you. Restorative Yoga utilizes breathing techniques, gentle body movement, and meditation. The sequence of movements is designed to counter-balance the stresses of sedentary and busy lifestyle and promote healing and balance to everyday life. All levels are welcome!

ZUMBA
Ditch the workout... Join the party! This class fuses Latin, International, and Pop rhythms with easy-to-follow steps to create a one-of-a-kind class that will get you moving! The routines feature dancing to alternating fast and slow rhythms, while combining fitness moves like squats and core work. No dance partner necessary, just bring your energy and get ready to sweat.

KINE*

CARDIO KICKBOXING
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 you will strike, punch, kick, and kata your way through a fun workout!

INTERVAL TRAINING
This class combines short (30 sec-2min) bouts of high intensity exercise periods alternated with periods of rest (1-2min). These higher/lower intensity periods are repeated several times during total class time using both lower and upper body muscle groups.

YOGA
Yoga is an introductory course that places a strong emphasis on active participation and also combines discussion of concepts and postures. The course focuses on increasing strength, flexibility, relaxation, stress reduction, improved posture, and balance.

*Drop-in participation available