

GROUP EXERCISE STUDIO

OPEN: Mon-Fri 5:30AM - 9PM / Sat-Sun 7AM - 8PM
PHONE: (831) 920-0912

Saturday

8:30-9:30 AM

20.20.20

Joanna Dover

9:45-10:45 AM

Zumba

Wynn Sasaki

10:30-11:30 AM

Aqua Fit

Holly Johnson

Sunday

9:00-10:00 AM

Cycle

Dan Fenwick

9:00-10:00 AM

Master Swim Class

Penni Bengston

Monday

9:00 - 10:00 AM

Barre

Amy Votta

10:15-11:15 AM

Cycle

Holly Johnson

10:30-11:30 AM

Aqua Fit

Sara Jo Crampton

11:30-12:30 AM

Fit & Strong

Kristi Trefethen

5:30-6:30 PM

Cycle

Nicole Velichko

Tuesday

9:15 - 10:15 AM

Cycle Plus

Amy Votta

10:30-11:30 AM

Aqua Fit

Kristi Trefethen

10:30-11:30

Zumba

Wynn Sasaki

11:30-12:30 PM

Circuit Conditioning

Wendy Jory

5:15 - 6:15 PM

Total Body

Irene Ericksen

6:30-7:30 PM

Interval Training

Nicole Velichko

Wednesday

9:15 - 10:15 AM

Cycle

Christi Carney

9:15-10:15 AM

Low Impact

Holly Johnson

10:30-11:30 AM

Aqua Fit

Sara Jo Crampton

10:30-11:30 AM

Core & More

Kristi Trefethen

11:30 - 12:30 AM

HIIT

Nicole Velichko

5:30-6:30 PM

Bootcamp

Kristi Trefethen

Thursday

6:00 - 7:00 AM

Cycle

Nicole Velichko

9:15-10:15 AM

Barre Boxing

Wendy Jory

10:30-11:30 AM

Aqua Fit

Kristi Trefethen

5:15-6:15 PM

Total Body

Irene Ericksen

Friday

9:15-10:15 AM

Barre

Amy Votta

9:15-10:15 AM

Cycle

Christi Carney

10:30-11:30 AM

Fit & Strong

Holly Johnson

CLASS DESCRIPTIONS

20.20.20:

Target all areas with this high intensity workout! 20 minutes of cardio, 20 minutes of weights (low weight, high rep) and 20 minutes of abs. Great for all around body toning and conditioning. All levels welcome and workout can be modified to meet your fitness goals.

Aqua Fit:

This aqua-based circuit training class is a low impact, total body workout for all fitness levels. The unique aqua class will utilize water-based gear. The fitness experience will be challenging and fun. Swimwear is required, water shoes are recommended.

Barre:

This class works all muscle groups in 50 minutes. Using barre-inspired exercises you will strengthen and lengthen your muscles, increase your flexibility, and improve your balance. Please bring a yoga mat to class.

Barre Boxing:

This multi-level class is a fun and challenging blend of Barre and cardio kickboxing. We will combine elements of balance, coordination, core-strength, punches and kicks using a fast pace choreographed series of segments. Class will include light weights with high repetitions and full-body mat work.

HIIT:

HIIT is a **type of interval training exercise**. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

Circuit:

Circuit training is a style of workout where you cycle through several exercises (usually five to 10) targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance and your cardiorespiratory system. In this class you will be utilizing many different fitness modalities.

Core & More:

This intensive class will incorporate moves for lengthening and strengthening those mid-body muscles. Challenging exercises will focus on building core strength, endurance, and flexibility.

Cycle:

Indoor cycling classes welcome all levels and abilities. Instructors motivate participants through jumps, hill climbs, intervals, sprints, and flat roads for a fantastic cardio workout. Fun, upbeat music keeps you motivated and makes class fun!

Fit & Strong:

Challenge your body with a combination of cardio and strength movement patterns, high intensity intervals and Tabata training. This class is perfect for anyone trying to improve their fitness and health. Beginners can work at their own levels and intermediate and advanced students will be pushed to their limit by this full-body workout.

Interval:

This Interval Training Weight and cardio class is a dynamic workout session that alternates between periods of high intensity and lower intensity exercises. This type of workout is designed to challenge your cardiovascular fitness, burn calories, improve endurance and boost overall fitness levels.

Low Impact:

Low Impact Fitness is a great cardio alternative with the option to burn optimal calories without stressing the joints. With the many exercise options and the adjustability of the low impact class, intensity is easily managed so anyone, from new to exercise to an athlete in training, will feel successful.

Total Body:

This is an energizing combination of Pilates and yoga fundamentals for all levels. This class uses resistance bands, Bosu balance trainer, weights, weighted balls and pilates rings. This class is for all levels and options are shown for each exercise. Class focuses on the entire body.

Master Swim Class:

If you like to swim for fitness this class is for you! Come and try out our structured swim workouts tailored to adults of all abilities. You'll have a warm up segment followed by workout sets designed to help build your stamina and technique, followed by a cool down. Stroke work and drills will be included to make you a better swimmer and have a purposeful workout regardless of your experience or speed. MUST BE 18+