



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

10:00-11:00 AM

Tai Chi Balance

Vivian Skripek

Monday

8:00AM - 8:45AM

Power Up

Kristi Trefethen

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

Holly Johnson

1:00-2:00 PM

Qigong/Tai Chi

Vivian Skripek

5:30-6:30 PM

Interval Training

Nicole Velichko

Tuesday

6:00AM-7:00AM

Sunrise Strength & Conditioning

Jack Harris

9:15 - 10:15 AM

Cycle 45

Amy Votta

10:15AM - 11:15AM

Cardio-Strength

Holly Johnson

10:30-11:30 AM

Aqua Fit

Kristi Trefethen

5:15 - 6:15 PM

Total Body

Irene Ericksen

6:30-7:30 PM

Cycle

Nicole Velichko

Wednesday

8:00AM - 9:00AM

Power Up Plus

Kristi Trefethen

9:15 - 10:15 AM

Cycle

Christi Carney

9:15-10:15 AM

Low Impact

Holly Johnson

10:30-11:30 AM

Aqua Fit

Holly Johnson

10:30-11:30 AM

Core & More

Kristi Trefethen

1:00-2:00 PM

Qigong/Tai Chi

Vivian Skripek

5:30-6:30 PM

Bootcamp

Kristi Trefethen

Thursday

6:00AM-7:00AM

Sunrise Strength & Conditioning

Jack Harris

9:15-10:15 AM

Barrelates

Wendy Jory

10:30-11:30 AM

Aqua Fit

Kristi Trefethen

5:15 - 6:15 PM

Total Body

Irene Ericksen

Friday

8:00AM - 9:00AM

Power Up

Kristi Trefethen

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 the 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.

Zumba:

Latin and international music join with high and low intensity moves for a fun, effective dance-based fitness class. No dance experience is required—just keep moving! Get ready to boost your mood and energy while dancing your way to a great workout!

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 & Cycle 45

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! **Cycle 45 is the same, just 45 minutes**

Fit & Strong:

Challenge your body with a combination of cardio and strength movement patterns 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 Training:

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.

Sunrise Strength & Conditioning

This class is a dynamic, full-body workout that blends strength training with cardio conditioning in a fast-paced, engaging environment.

Qigong/Tai Chi: The twin arts of Qigong and Tai Chi build health and well-being for body, mind, and spirit. At their heart is the cultivation of "Qi" (Chi), which means life energy and vitality. The slow, fluid movements develop strength while releasing tension and calming the mind. Additional benefits include improved flexibility and balance. This class also emphasizes habits of movement, posture, and alignment that heal and prevent injury.

Tai Chi Balance:

Using a series of Tai Chi warm-ups and walks, this class will focus on building strength and improving balance in a safe manner. We will be incorporating a Tai Chi form that is specifically designed to help with fall prevention

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. The class focuses on the entire body.

Cardio-Strength:

Get ready to sweat, sculpt, and power up! Cardio-Strength is a high-energy, equipment-driven workout that blends heart-pumping cardio intervals with focused strength training for a total-body burn. This class emphasizes the use of dynamic equipment like the bosu, stability (fit) balls, and body bars to challenge balance, coordination, and muscular endurance.

Bootcamp:

Boot Camp combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work.

Power Up & Power Up Plus:

Get ready to lift, sculpt, and ignite your core in this dynamic total-body strength class! PowerUp! Combines functional weight training with focused core exercises to help you build muscle, boost endurance, and improve overall stability. Whether you're new to strength training or looking to level up, this class delivers a high-energy workout that challenges every major muscle group while keeping your abs engaged from start to finish. Come ready to sweat, get stronger, and leave feeling totally powered up! **Power Up Plus is the same, just with cardio.**

Barrelates:

This class is a dynamic fusion of ballet-inspired barre and core-focused Pilates designed to sculpt, lengthen, and energize your body.