



Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10am	Spin(A) Kourtney		Spin(A) Kourtney		Spin(A) Kourtney	
6:00am	Total Body Conditioning(B) Jaleigha		Total Body Conditioning(B) Jaleigha		Total Body Conditioning(B) Jaleigha	
8:30am		TRX(A) Kourtney		TRX(A) Kourtney		
9:00am	Body Sculpting(B) Nicole		Body Sculpting(B) Nicole		Body Sculpting(B) Nicole	
	Aqua Sculpting Jaleigha		Aqua Sculpting Jaleigha		Aqua Sculpting Jaleigha	
10:00am	Barre Conditioning(A) Kourtney	Stretch(A) Nicole	Stretch(A) Nicole	Stretch(A) Nicole	Barre Conditioning(A) Kourtney	
11:00am	Aqua Aerobics Nicole		Aqua Aerobics Nicole		Aqua Aerobics Nicole	
12 noon	Spin(A) Kourtney	Bootcamp(B) Emily	Cycle Fusion(A) Emily	Bootcamp(B) Emily		
4:30pm		Circuit Training(B) Landon		Circuit Training(B) Landon		
5:30pm	H.I.I.T.(B) Landon/Emily	Yoga(A) Nicole	H.I.I.T. Landon/Emily	Yoga(A) Nicole		

A = Studio A

B= Studio B

CLASS DESCRIPTIONS*

POOL CLASSES - 45 minutes

- Aqua Aerobics – Low impact cardio, resistance training and stretching in the shallow end of the pool.
- Aqua Sculpting – Resistance training, using aqua bells or just the resistance of the water in the therapy pool.

FLOOR CLASSES - 45-60 minutes

- Barré Conditioning– A total body conditioning technique using a combination of stretching, the ballet barré, tubing and additional equipment.
- Body Sculpting – A full body workout using a variety of equipment, dumbbells, medicine balls, weighted balls, BOSUs and tubing.
- H.I.I.T. – A high intensity cardiovascular workout (running, jumping jacks lunges, squats and ab work included)
- Circuit Training - workout performed with different stations or exercises at a high intensity with little to no rest between each station or exercise.
- Spin – Indoor cycling, suitable for intermediate to advanced fitness levels. Please arrive early for setup.
- Stretch – A gentle stretching class for all ages that improves flexibility and reduces stress.
- Total Body Conditioning – A total body cross training workout. Strength, Cardio and Flexibility.
- Yoga - *Yoga* is a mind and body practice. Various styles of *yoga* combine physical postures, breathing techniques and meditation or relaxation.

*Class times and instructors are subject to change.

PROHEALTH Hours of Operation

Monday – Thursday

5 a.m. – 8 p.m.

Friday

5 a.m. – 7 p.m.

Saturday

8 a.m. – 2 p.m.

Sunday

12 p.m. – 4 p.m.