



Group Exercise Schedule

Monday

6:25-6:55am – Core Training – Clay
7:00-7:45am – Conditioning with Clay
8:00-8:50am – **X-Fit** – Joy ← *in studio 3*
8:00-9:00am – Cycle & Core - Kelsey
9:00-9:25am – **Lower Body Blast!** – Kristy
9:30-10:00am – **Turbo Kick!** - Kristy
9:30-10:15am – Spin & Sculpt Xpress – Norma
10:00-10:45am – Muscle Sculpting - Leslie
11:00-11:45am – Aerobics 101 - GeAnna ♥
4:15-4:45pm – **Zumba!** – Norma ← *in studio 3*
4:45-5:15pm – **TRX BASICS** – Norma
5:15-6:05pm – Power Cycle – *high-intensity intervals* - Kristy (int./adv.)
5:50-6:55pm – **G-Force goes Hard Core!** – GeAnna (int./adv.)
~ 5:50-6:20 – G-Force-style conditioning; 6:20-6:55 – Hard Core Training
7:00-7:50pm – **FLOW** – Stephanie

Tuesday

6:00-6:45am – Power Cycle – Matthew
7:00-7:45am – Muscle Sculpting – Kristy
8:00-8:50am – **H.E.A.T.** – Darren & GeAnna
8:50-9:05am – **TRX CORE TRAINING Xpress**– GeAnna (int./adv.)
9:05-9:45am – Cardio Dance! – Kristy ← *new day!*
9:15-9:45am – **Athletic Interval Drills** – Norma ← *in studio 3*
9:45-10:30am – **Core -w/TRX CORE & STRETCH**–Norma/Leslie
12:00-12:45pm – Zumba – Norma
4:15-5:00pm – **Muscle Sculpting** – Leslie
5:15-6:00pm – FastFlex– Leslie
5:50-6:30pm – Zumba! – Norma ← *in studio 3 at a new time!*
6:00-6:50pm – **H.E.A.T.** – Darren & GeAnna ← *it's back!*

Wednesday

6:15-6:55am – Core Training - Clay
7:00-7:45am – G-Force! – GeAnna
8:00-8:50am – **X-Fit** - Joy ← *in studio 3*
8:15-8:45am – KickBox Conditioning Xpress: – Kristy
8:45-9:25am – Muscle Sculpting - Kristy
9:30-10:15am – Spin & Sculpt Xpress – Leslie & Kristy
10:15-10:45am – **TOTAL TRX** –Leslie
11:00-11:45am – Aerobics 101 – GeAnna ♥
12:00-12:40pm – Muscle Sculpting/TRX - Leslie
4:15-5:00pm – Zumba! - Norma
5:30-6:10pm – G-Force! – GeAnna/Nadine
6:10-6:30pm – **TRX UPPER BODY BLAST** – GeAnna/Nadine

Thursday

6:00-6:45am – Power Cycle - Ron
7:00-7:45am – TRX/Muscle Sculpt - Leslie
8:00-8:40am – **TRX INTERVAL TRAINING** – Leslie ← *int. +*
8:30-9:30am – Interval Training – Shana
9:15-10:05am - **X-Fit** – Joy ← *in studio 3 – starts Jan. 26!*
9:30-10:15am – **Zumba!** – Norma ← *in studio 3*
9:30-10:15am – Muscle Sculpt, Core & Pilates – Kay Kay
10:15-10:45am – Flexible Strength – Kay Kay
11:00-11:45am - Aerobics 101 – Kay Kay ♥
12:00-12:45pm – Zumba! – Norma
5:00-5:30pm – **Zumba!** – Norma ← *in studio 3*
5:30-6:00pm – **Athletic Interval Drills** - Norma
6:00-6:30pm – **TRX CORE TRAINING** – Norma

Friday

7:00-7:55am – Cycle & Stretch - Kristy
8:10-9:10am – SHRED & Sculpt–Kristy
~ 8:10-8:35-sculpt; 8:35-9:10-shred/sculpt
9:15-10:15am – **TRX INTERVAL TRAINING** – Leslie ← *int. +*
10:15-11:05am – Hip & Core–Strength & Stability - Darren

Saturdays:

* 9:00-9:45am –
Saturday H.E.A.T.!
with Darren
*9:30-10:15am –
Power Cycle –
with Whitney/Kelsey

* Ask about the new Advanced
ATHLETIC TRX TRAINING -
Saturdays at 10am *!

* Athletic TRX Training is offered
by registration only; there is no
charge, but you must pre-register.
More info is available at
www.second.org.

Group Ex Schedule Notes:

- * If a class has switched days or times, it is noted next to the class.
- * If a class is BRAND NEW to the schedule, it is printed in **RED**.
- * Classes noted “in studio 3” occur in the new studio next to the racquetball courts.
- ♥ - denotes classes recommended for senior adults, pre- / post-pregnancy, or new to exercise.
- * **X-Fit Classes!** These are high intensity (though you go at your pace), athletic drills designed to bring out the competitor in you! ~ M & W @ 8am; Thurs @ 9:15am ~
- * **G-Force goes Hard Core!** – imagine Geanna’s athletic conditioning workout with an extra emphasis on the core muscles – abs, hips, obliques, etc. The complete workout!