

MONDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	Insanity (45)	Kristin	:45
8:30a	Cycle	*Cycling	Heidi St.	:50
8:30a	1	Ultimate Intervals	Hallie	:60
9:30a	2	Straight Up Strength	Heidi St.	:60
9:35a	1	BodyPump	Vikki	:60
10:45a	2	Gentle Yoga	Vicki G.	:60
4:30p	1	CX WORX	Beth	:30
5:05p	1	BodyCombat Express	Margaret	:50
5:15p	2	Yoga Flow	Meg	:55
6:00p	1	BodyPump Express	Mel	:45
6:15p	2	*TRX	Andrea	:45

TUESDAY

5:30a	1	Pump Express + Stretch	Jen	:60
8:45a	1	Insanity (45)	Kristin	:45
8:45a	2	Zumba	J.J.	:45
9:35a	1	Yoga Flow	Kristin	:45
11:45a	Cycle	*Cycling	Christine	:60
4:30p	1	BodyPump	Beth	:60
5:30p	2	WERQ	Jenny	:60
5:30p	1	HIIT	Margaret	:40
6:15p	1	Straight Up Strength (30)	Margaret	:30
6:30p	Cycle	*Cycling	John	:60
6:45p	2	Gentle Yoga + Relaxation	Vicki G.	:75

WEDNESDAY

5:30a	2	Yoga Flow	Heather	:60
8:30a	Cycle	*Cycling	Erin	:60
8:30a	2	*TRX	Beth	:45
8:45a	1	BodyStep Express	Kristin	:45
9:30a	2	Gentle Yoga	Vicki G.	:60
9:35a	1	BodyPump	Kristin	:60
5:15p	2	Yoga Flow	Rose	:60
5:30p	1	CX WORX	Louisa	:30
6:05p	1	Insanity (30) + Stretch	Louisa	:45

*Denotes class requiring advanced sign up at front desk

For class descriptions, please visit our website www.phfitness.com

THURSDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	BodyPump	Vikki	:60
8:30a	1	Straight Up Strength	Beth	:60
8:30a	2	WERQ	Dominique	:45
9:30a	1	Yoga Flow	Kristin	:60
4:30p	1	BodyPump	Sarah W.	:60
5:30p	1	Zumba	Natalie	:45
6:15p	2	Yoga Flow	Meg	:45
6:00p	Cycle	*Cycling	Craig	:60

FRIDAY

5:30a	1	BodyCombat Express (30)	Andrea	:30
6:00a	1	CX WORX	Andrea	:30
8:15a	2	Zumba	J.J.	:50
8:30a	1	Ultimate Intervals	Hallie	:60
9:15a	2	Straight Up Strength	Heidi St./ Lisa	:45
10:15a	1	Gentle Yoga	Lisa S.	:60
11:30a	1	BodyPump	Angie	:60

SATURDAY

7:30a	Cycle	*Cycling	John / Dale	:60
8:00a	1	BodyPump	Mattison / Cori	:60
9:00a	2	WERQ	Rotation	:45
9:05a	1	Insanity	Louisa	:40
9:50a	1	CX WORX	Louisa / Margaret	:30
10:00a	2	*TRX	Andrea / Lori	:45

SUNDAY

8:30a	1	BodyStep Express	Kristin	:45
9:15a	1	Power Yoga	Kristin	:45
10:00a	Cycle	*Cycling *starts 11/4	John / Craig	:60
10:15a	1	Zumba	Natalie	:50
11:15a	1	BodyPump	Sarah W.	:60

STUDIO CLASS DESCRIPTIONS

CARDIO CLASSES

BODYCOMBAT: BodyCombat is a non-contact, martial arts-inspired cardio-kickboxing program where your 'Inner Warrior' is totally unleashed! The class format draws from disciplines such as Karate, Boxing, TaeKwonDo, Muay Thai and Tai Chi. This empowering workout will allow you to strike, punch, kick and kata your way through calories right to superior cardio fitness!

BODYSTEP: Basic stepping, just like walking up and down stairs, is at the heart of BodyStep – a fun, full-body cardio workout that shapes and tones. With invigorating hit music and a whole lot of spunk, BodyStep will push your fat-burning systems into high gear like no other step class!

CYCLING: Geared toward anyone who can ride a bike, Cycling is an awesome, non-impact cardio workout that closely mimics an outdoor biking experience...from the comfort of an indoor studio! Without weather or headwind, you'll climb hills, sprint and more, while improving cardiovascular endurance and boosting lower body strength. No Cycling experience necessary. **Advanced sign up required. New participants please arrive early for set up instructions.**

ZUMBA: A Latin-inspired dance-fitness class that incorporates international music and movements, resulting in a dynamic, exciting and effective workout. The class format combines both fast and slow Latin rhythms, allowing participants to achieve a unique blend of cardio and muscle-toning benefits. Moves are fun and easy to follow.

WERQ: WERQ is the fiercely-fun dance fitness class based on pop, rock and hip-hop music. The signature WERQ warm-up previews the moves used throughout class, while the signature WERQ cool-down incorporates balance and yoga-inspired stretches. Everything in between is pure fun! Are you ready to WERQ?

MIND / BODY CLASSES

*A yoga mat is **REQUIRED** for all mind/body classes. Aromatherapy may be used, depending on the class. Please notify instructor of any fragrance allergies or sensitivity.*

GENTLE YOGA: Find inner balance and cultivate mindful awareness in this soft, relaxing, more nurturing practice. Gentle Yoga allows time for more detailed instruction and is less physically challenging than our Vinyasa-inspired classes. Emphasis is on self-awareness, use of breath, proper alignment, and honoring the body. Appropriate for all levels or for those who prefer to move at a slower pace.
Tuesday 6:45p class is 75 minutes and includes extra stretching, relaxation and meditation. Blankets or bolsters encouraged.

YOGA FLOW: Build strength, balance and flexibility as you link breath with movement in this Vinyasa-inspired class. Students will move through a flowing series of Yoga postures while focusing on proper alignment and inner awareness of mind, body, and spirit. The sequence of postures may differ from class to class but will include warm-up, some variation of Sun Salutations, a dynamic standing series, balance and or core work, and various joint openers and stretches. All classes will conclude with final relaxation, leaving you feeling centered and calm. Appropriate for all levels as modifications will be offered.

POWER YOGA: A dynamic, faster-paced class that will tone your body while disciplining your mind. Power Yoga consists of an energetic series of Yoga postures done in sync with breath (Vinyasa-style), with an emphasis on moving fluidly from pose to pose. The result is an enhanced physical strength and stamina, improved flexibility and a calm yet focused mind. All levels welcome, with modifications offered for new and advanced students.

STRENGTH CLASSES

CX WORX: Exercising the muscles around the core, CX WORX provides the vital ingredient for a stronger body. A strong core makes you better at all the things you do, from everyday life to your favorite sports - it's the glue that holds everything together. This fun, innovative workout will focus on strengthening your core and all its surrounding areas, including the lower back, hips and glutes – all in just 30 minutes! Trained instructors will guide you through correct technique as you work with resistance tubing, weighted plates, and body-weight exercises such as crunches and planks. All of the moves in CX WORX have options, so classes are challenging but achievable for your own level of fitness. **A Yoga mat is highly recommended for this format.**

BODYPUMP: BodyPump is the original Les Mills barbell class that strengthens your entire body – FAST! This 45 or 60-minute workout will challenge all of your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Using the proven BodyPump formula of lower weight loads combined with higher repetition movements, you'll burn fat, gain strength and produce lean body muscle without bulk. Great music, highly-trained instructors and your choice of weight will inspire you to get the results you came for, and have fun doing it! Space is limited. New participants should arrive early for set-up instructions.

PUMP EXPRESS + STRETCH: Enjoy a 45-minute express version of BodyPump followed by 15 minutes of yoga-based stretching.

STRAIGHT UP STRENGTH: Sculpt and define your body through the use of dumbbells, resistance bands, tubing, gliding discs and more to boost metabolism, increase bone density and build lean muscle.

CARDIO & STRENGTH CLASSES

TRX: This challenging 45 minute class will have you breathing hard and feeling muscles you never knew you had! TRX works the whole core all the time, so get ready for great abs and a strong back in addition to a toned, sculpted body! TRX will incorporate strength, flexibility, power, endurance and core into each circuit-style workout.

INSANITY: A spin-off of the at-home program, Insanity is a total-body HIIT (High Intensity Interval Training) class that offers low and medium - intensity options for those who want to take it down a notch. Taught by specially-trained, Insanity-certified instructors, Insanity is easy to learn, requires no equipment and delivers a calorie burn that lingers on long after the workout ends. Don't let the name scare you! This class is for everyone. **Wednesday 6:05p class includes 15 minutes of stretching.**

HIIT: Get ready to take your fitness to the next level! HIIT (High Intensity Interval Training) mixes short bursts of activity with even shorter periods of rest/ recovery. HIIT improves cardiovascular health while enhancing strength, promoting muscle and maximizing calorie burn. You'll be addicted to the results! HIIT can be modified to accommodate all fitness levels.

ULTIMATE INTERVALS: Enjoy the benefits of interval-based training at a pace that works for you! Ultimate Intervals is a fat-burning, muscle-enhancing total-body workout that incorporates Tabata-style cardio intervals in addition to resistance training and core conditioning. YOU choose the intensity - Low, Moderate or High - as modifications are always offered in order to guarantee everyone achieves success.