

GROUP FITNESS CLASSES

EFFECTIVE 5.1.24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Flow Yoga 9:30am - 10:30am New Motion Studio	Band-A-Bells 9:15am - 10:15am Blend Studio	Vinyasa Yoga I 9:30am - 10:30am New Motion Studio	Mat Pilates 6:30am - 7:30am New Motion Studio	Cycle 5:45am - 6:30am Ride Studio	Power Yoga I 8:30am - 9:30am Blend Studio	Cycle 8:00am - 8:45am Ride Studio
Silver Sneakers 12:30pm - 1:30pm Blend Studio	Silver Sneakers 12:00pm - 1:00pm Blend Studio	Silver Sneakers 12:30pm - 1:30pm Blend Studio	Band-A-Bells 9:15am - 10:15am Blend Studio	Vinyasa Yoga II 9:30am - 10:30am New Motion Studio	Cycle 9:30am - 10:15am Ride Studio	Power Yoga II 9:00am - 10:00am New Motion Studio
BodyCombat™ 5:30pm - 6:15pm Blend Studio	Cycle 5:30pm - 6:30pm Ride Studio	BodyCombat™ 5:30pm - 6:15pm Blend Studio	Cycle 9:30am - 10:30am Ride Studio		BodyPump™ 10:00am - 11:00am Blend Studio	BodyCombat™ 10:00am - 10:45am Blend Studio
BodyPump™ 6:30pm - 7:15pm Blend Studio		BodyPump™ 6:30pm - 7:15pm Blend Studio	Silver Sneakers 12:00pm - 1:00pm Blend Studio		Zumba® 11:15am - 12:15pm Blend Studio	BodyPump™ 11:00am - 11:45am Blend Studio

BAND-A-BELLS The ultimate total body class that mixes resistance bands and lightweight dumbbells through a combination of both full range of motion & pulsatile movements.

VINYASA YOGA I & II An approach to yoga in which you move from one pose directly into the next. There's a flow to a Vinyasa yoga session, through the specific poses.

GENTLE FLOW YOGA In Gentle Flow you'll be guided through postures in the Vinyasa Style, beginning with the basic poses, while allowing for more challenging poses.

POWER YOGA Power yoga is a more dynamic version of traditional yoga. It is faster, more intense and the focus is more on building strength and less on meditation or chanting.

CYCLE A full-body cycling workout featuring high-intensity cardio along with body sculpting, and upper body strength training choreographed to music.

SILVER SNEAKERS A program encouraging older adults to participate in physical activities that will help them with maintaining greater control of their health.

BODYCOMBAT™ A high-energy martial arts-inspired workout that is totally non-contact learning moves from Karate, Taekwondo, and more. Punch and kick your way to fitness!

BODYPUMP™ A fast-paced, barbell based workout that's specifically designed to help you get lean, toned, and fit. Using a combo of motivating music & fantastic instructors!

MAT PILATES A strengthening and lengthening form of exercise that focuses on your core muscles while training your arms & legs.

ZUMBA® An interval-style dance fitness party that combines low & high-intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves.

GROUP CLASSES REQUIRE RESERVATION ON THE GREATE BAY APP

FUNCTIONAL TRAINING PROGRAM

CLASS SCHEDULE - EFFECTIVE 5.1.24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	5:15am	5:15am	5:15am	5:15am	8:00am	8:00am
6:00am	6:00am	6:00am	6:00am	6:00am		
8:00am	8:00am	8:00am	8:00am	8:00am		
9:00am	9:00am	9:00am	9:00am	9:00am		
5:15pm	5:15pm	5:15pm	5:15pm			

FUNCTIONAL TRAINING CLASSES REQUIRE MEMBERSHIP & RESERVATION ON THE GREATE BAY APP

The Greate Bay Functional Training Program is designed to provide a functional full-body workout while improving metabolic rate, strength, and endurance. It is one of the most time-efficient ways of training, incorporating a mix of circuit and H.I.I.T. style workouts geared towards everyday movements.