

Monday	Tuesday	Wednesday	Thursday	Friday
5:30am CrossFit Christian/Justin	5:30am CrossFit Christian/Justin	5:30am CrossFit Christian/Justin	5:30am CrossFit Christian/Justin	5:30am CrossFit Christian/Justin
5:30am Muscle Pump—Catrina 1	5:30am HIIT & HIRT Lori 1	5:30am Muscle Pump — Lori 1	5:30am HIIT & HIRT Lori 1	6:00am Yoga — Jenni 1
8:15am CORE Plus — Dawn 1	*7:30am HIIT & HIRT Christian T/C	8:30am Pilates CORE —Gena 1	*7:30am HIIT & HIRT Christian T/C	8:30am Muscle Pump — Carly 1
9:00am Yoga — Gena 1	*8:30am HIIT & HIRT Christian T/C	9:00am Yoga — Gena 1	*8:30am HIIT & HIRT Christian T/C	9:30am Yoga – Debbie 2
9:00am Cycling – Carly 2	9:15am Barre — Gena 1	9:00am Cardio HIIT— Carly 2	9:15am Barre — Gena 1	9:30am Aqua Aerobics – Carly P
9:30am Water Aerobics– Sue P	9:30am Aqua Zumba — Sue P	9:30am Water Aerobics– Liza P	9:30am Aqua Zumba — Sue P	10:00am Dance Party — Jayne 1
10:00am Cardio Dance—Paula 1	10:30am Zumba — Donna 1	10:00am Cardio Dance—Paula 1	10:30am Zumba — Donna 1	11:00am SilverSneakers –Jayne C
11:00am SilverSneakers –Jayne C	11:30am Flex & Stretch — Donna 1	11:00am SS — Liza C	11:30am Flex & Stretch — Donna 1	12:00pm Strengthen & Lengthen
12:00pm Strengthen & Lengthen				5:30pm CrossFit — Baile/Jake T
5:00pm HIIT & HIRT Jenni 1	5:00 pm Yoga —Jenni 2	5:00pm HIIT & HIRT Jenni 1	5:00 pm Yoga —Jenni 2	Saturday
5:30pm Cycling — Gena 2	5:15pm Muscle Pump-Catrina 1	5:30pm Cycling — Gena 2	5:15pm Muscle Pump-Bridget 1	8:15am Muscle Pump—Rotation 1
5:30pm CrossFit — Baile/Jake T	5:30pm CrossFit — Baile/Jake T	5:30pm CrossFit — Rotation T	5:30pm CrossFit — Baile/Jake T	9:15 am Zumba — Rotation 1
6:05pm Zumba — Ana 1	6:05pm Zumba — Isaac 1	6:05pm Zumba — Claudia 1	6:05pm Zumba — Isaac 1	9:15 am Cycling — Rotation 2
	6:00pm Water Aerobics–Theresa		6:00pm Water Aerobics Ana P	

Locations:
 T– Tennis (weather dependent)
 1– Studio I
 2– Studio 2
 C– Gym Court

Mercy Fitness Center
 Monday—Thursday 5:00am—9:00pm
 Friday 5:00am—8:00pm
 Saturday 8:00am—5:00pm
 Sunday 12:00pm—5:00pm

Pickleball Schedule

Mon, Wed, Friday 8:30—10:45
 Tues / Thur 9:30am—12:00pm
 Saturday 8:00am—10:00am

Beginners Pickleball

Tues / Thurs 1:30pm—3:30pm

Basketball Court

The basketball court is available every day. Exceptions are during pickle ball and designated class times.

Pick Up Game: Fridays from 12:00—2:00 pm.

***On App Registration Opens up 24 Hours prior to class**

**Strength, Passion, Love
 We Are Mercy Fitness Instructors**

Group Fitness Class Description

Barre: This class is designed around the ballet principals. Each class incorporates high intensity sequences of thigh, seat and core exercises at the barre.

Barre-Amped: A full-body workout designed to challenge you to change your body through cardio bursts. This class relies on High Intensity Interval Training using a fusion of Pilates, Ballet, and Yoga.

Cardio Dance/Dance Party: Get your heart rate up, and sweat rolling with low-impact dance.

Carly's Choice: Carly will use your bodyweight, HITT, and cardio intervals to build the body you believe you deserve.

CORE: It's all about the abs. This class is designated to target your abdominal region and back which is better known as your "core". Core training is the essence of all functional stability.

CrossFit: "constantly varied functional movements performed at high intensity." High intensity weightlifting, cardio, gymnastics, and body weight workouts.

Cycling: The idea is to simulate outdoor cycling. The class uses specialized stationary bikes and your own imagination. All Schwinn bikes are equipped with the "Look" style pedals.

Flex & Stretch: Try this great way to top off your cardio with this muscle conditioning and full body stretch class! For all fitness levels.

HIIT & HIRT: Designed to help you both lose body fat and gain lean muscle through utilizing both high intensity interval training (HIIT) and high intensity resistance training (HIRT)! Combining full body resistance training with high intensity interval training HIIT & HIRT will challenge you and push you towards your goals. Be prepared to lift weights, perform functional/dynamic movements, and agility/plyometrics.

Muscle Pump: Build muscle endurance with low to medium weights and high repetitions in this strength training class.

Silver Sneakers: Have fun through a variety of exercises designed to increase muscular strength and range of motion. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Strengthen & Lengthen: (chair yoga & chair strength) targets flexibility, range of movement, balance and mind-body integration. It offers light to moderate intensity rhythmic and static range of motion with breathing exercise instruction.

Water Aerobics: A cardio and strengthen water based program with pool weights, and low impact as water is your resistance. For all levels of experience

Yoga: Improve posture, strength, flexibility, and blood circulation. All the while, breathing deeply for a relaxing hour of complete wellness.

Zumba/Aqua Zumba: An energizing dance experience with Latin American and International music in a party like atmosphere! Just move to the music and have a good time, no rhythm required!

Group Fitness Class Etiquette

Our class etiquette guidelines are designed so all members experience a successful, safe and enjoyable workout. Thank you for your cooperation.

1. Please be on time.
2. Classes are a group activity, we request that you follow the instructor's routine.
3. We suggest novice cyclist arrive 5 minutes early for set-up instructions.
4. Keep conversation to a minimum.
5. Please do not enter the class before the current class is finished.
6. Appropriate exercise attire must be worn.
7. Reserving spaces is NOT permitted.
8. Gym bags are not permitted in the studios.
9. Water must be in an enclosed, non-breakable container. Food is not permitted.
10. In consideration for other members, no cellphones please. We request that cellphones and pagers are kept on silent mode.
11. Members may not use the stereo equipment.
12. We request all equipment be cleaned and returned to proper storage areas.