































Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday						
6:00 am		6:00 - 7:00  Maribeth & Mamo	6:00 - 7:00  Sara	6:00 - 7:00  Ronna				<div style="background-color: #333; color: white; padding: 10px; text-align: center;"> <p>MAY ALL YOUR <b>SQUATS</b> BE HEAVY &amp; DEEP IN THE NEW YEAR.</p>  </div>							
8:15 am	8:15 - 9:05 <b>StabilityBall</b> Jerrie	8:15 - 9:05 <b>RetroStep</b> Sue	8:30 - 9:10 w/Chris  \$	8:15 - 9:05 <b>StabilityBall</b> Jerrie	8:15 - 9:05 <b>RetroStep</b> Sue	8:15 am	8:15 - 9:05  Chris or Alex								
9:15 am	9:15 - 10:15 <b>RevUp!</b> Jodi	9:15 - 10:15  Chris	9:15 - 10:15  Angel	9:15 - 10:15  Lori	9:15 - 10:15  Chris or Alex	9:10 am	9:10 - 9:25 <b>CorePower</b> Chris or Alex			9:00 am	9:00 - 10:00  Lori & Patty				
10:30 am	10:30 - 11:30  Lorri Classic	10:30 - 11:30 <b>Restorative Chair Yoga</b> Chris	10:25 - 11:30 <b>Accessible YOGA</b> Amy	10:30 - 11:30  Jerrie Classic	10:30 - 11:30 <b>Restorative Chair Yoga</b> Sue or Jodi	9:30 am	9:30 - 10:30  Rachael or Sara	10:10 am	10:10 - 11:10  Chris						
Noon		 Pam		<b>RevUp!</b> Pam		<h2>BODYSTEP Athletic!</h2> <hr/> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;"><b>Feel</b></td> <td style="width: 33%; text-align: center;"><b>Tone</b></td> <td style="width: 33%; text-align: center;"><b>Build</b></td> </tr> <tr> <td style="text-align: center;"><b>UPLIFTED</b></td> <td style="text-align: center;"><b>GLUTES &amp; LEGS</b></td> <td style="text-align: center;"><b>STAMINA</b></td> </tr> </table> <hr/> <p><b>WHAT IS BODYSTEP?</b></p> <ul style="list-style-type: none"> <li>Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs.</li> <li>In a BODYSTEP Athletic class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body.</li> <li>Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way.</li> <li>You can burn up to 620 calories and you'll leave buzzing with satisfaction.</li> </ul> <hr/> <p style="text-align: center;"><b>First Class: Thursday, Jan. 4 @ 5:30 pm!</b></p> <div style="display: flex; justify-content: space-around;">       </div>				<b>Feel</b>	<b>Tone</b>	<b>Build</b>	<b>UPLIFTED</b>	<b>GLUTES &amp; LEGS</b>	<b>STAMINA</b>
<b>Feel</b>	<b>Tone</b>	<b>Build</b>													
<b>UPLIFTED</b>	<b>GLUTES &amp; LEGS</b>	<b>STAMINA</b>													
4:30 pm	4:30 - 5:10 w/Chris  \$														
5:30 pm	5:30 - 6:30  Sara	5:30 - 6:30  RPM with Ronn Spin with Kodi	5:30 - 6:30  Chris & Rachael	5:30 - 6:30  Lori & Patty											
6:30 pm		6:30 - 7:30  Sara	6:40 - 7:20 w/Chris  \$	6:30 - 7:30  Vicki											



# Group Fitness Class Descriptions

# WHETSTONE FITNESS

“Like” us on Facebook!   
[Facebook.com/WhetstoneFitness](https://www.facebook.com/WhetstoneFitness)



**The ultimate STEP class.** A simple, athletic workout that will shape and tone your entire lower body and push your fat burning systems into high gear. Using simple-to-follow moves and a great mix of pop music, BODYSTEP allows you to train at the intensity you want without having to learn a complicated sequence of moves. You control how hard you work by simply altering the height of your step.



**Ride it like you stole it.** The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



Millions of older adults are taking stock of their health and hitting the gym to get the physical activity they need to keep their muscles strong and prevent many health problems such as heart disease, diabetes, colon cancer and high blood pressure. Classes are designed for older adults who want to feel better, be independent and live an active lifestyle.

## Accessible Yoga

This class is designed for beginners and will provide a basic framework to anyone who is new to Yoga. Learn the basic principles of Yoga and simple breathing techniques in a safe and welcoming environment, taught by Certified Yoga instructor, Amy Weisbrot. A Registered Nurse by trade, Amy approaches Yoga in a way that is accessible to all.

## CorePower

15 to 25 minutes of concentrated focus on your abs and back = Your Core!  
 Classes vary from body-weight only exercises (crunches, planks, bridges) or use hand weights, stability ball & bands.

## RetroStep

A free style moderately paced step class. Perfect for all fitness levels. All step moves and combinations can be modified to suit your needs. A welcoming group of all ages will greet you. Fun fitness along with an easy going atmosphere!



**Paid small group training:** TRX Suspension Training classes are designed to build balance, strength & flexibility for people of all ages and at all fitness levels by leveraging gravity and your bodyweight to deliver a fast, effective total-body workout. (pre-registration required)



**Real Results ... Real Fast.** BODYPUMP classes use barbells and adjustable weights to tone and condition muscles while raising your metabolic rate for rapid fat-burning.



**BODYFLOW™ is the Yoga, Tai Chi, Pilates workout** that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



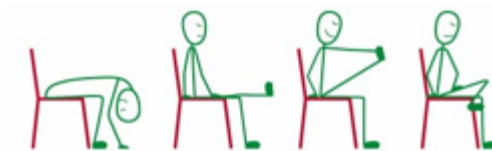
**The empowering Martial Arts workout!** Explosively popular in clubs around the world, BODYCOMBAT® combines kicks, strikes and katas from a range of self-defense disciplines like karate, boxing and taekwondo into an hour-long energetic routine.

## StabilityBall

Use the stability ball to work the muscles of your abdomen, lower back, gluteals and the muscles around your hips and shoulders by challenging your balance on an unstable surface (the ball). A great class for those who want to develop spinal stability to reduce back pain and improve posture, balance and coordination.

## RevUp!

Start with **30 minutes of cycling** to raise your heart rate with cardiovascular training (*get a stronger heart & lungs!*) • Continue the burn with body weight exercises or light to moderate weights for **core work** (*build a foundation of strength!*)



## Restorative Chair Yoga

Use the chair for added stability as you work through a series of seated and standing yoga poses to gently stretch, strengthen and restore your body.