
















CROSSROADS GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	\$BOOTCAMP Sara/Matt	Yoga 5:45-6:30am Tiffany	\$BOOTCAMP Sara/Matt	 EXPRESS Lindsey	\$BOOTCAMP Sara/Matt	 8:00am Kim
8:45am	 Dawn	STEP Wendy	 Jane	RESTORATIVE Yoga Erin	 Whitney	 9:15-10:15 Dawn/Kayla Yoga
9:55am	Young at Heart Cardio/Balance & Core Lynn	20/20/20 20 cardio/20 strength 20 core & stretch Nan	Pilates Mat Nan	Sr. Strength & stretch Lynn	YAH Cardio/yoga Judy	10:30-11:30 Tyler
11:05am	 McKinley				 McKinley	SUNDAY
12:05pm	 Whitney/Vince	 EXPRESS Rhonda	CR SHAPES Rhonda (45 min)	 Rhonda	Sports Conditioning Sara	 10:30-11:30 Rhonda
1:30pm	Yoga Tiffany	Tai Chi Mike				
4:20pm	 Rhonda	 Kim	STEP Ande	 Kim	STEP Ande	CR SHAPES 11:45-12:10 McKinley 45 min
5:30pm	Sports Conditioning Vince	CR SHAPES Whitney (45 min)	Sports Conditioning Vince	Yoga Tyler	LINE DANCING Whitney/Rhonda	

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am 6:15am	Morning Rush 6:15 Karissa 30 min	Morning Rush 6:15 McKinley 30 min	Cycle Ann 45 min 6am		Cycle Jane Q. 45 min 6am	Spin 2.0 8:30am Karissa 30 min
12:05	CR ON DEMAND		CR ON DEMAND			SUNDAY
5:30pm	Spin 2.0 Karissa 30 min	Cycle STRENGTH Lindsey 60 min	THEME RIDE McKinley 45 min	"Pedal to the Metal" McKinley 30 min		"Pedal to the Metal" 10:45am McKinley 30 min



60 Min. barbell class using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. **PUMP EXPRESS** -45-minute format, super sets triceps/biceps and lunges/shoulders.



is a sports-inspired cardio workout for building both strength and stamina. It combines athletic aerobic movements with strength and stabilization exercises to create a killer workout that gets results.



Yoga, Tai Chi and Pilates Series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

\$BOOTCAMP -Runs in 8-week sessions Mon, Wed, Friday, from 6:00 to 6:45 am. An intense 45 min workout to help you get in shape or to kick up your current program to the next level! Enlist at the front desk.

20/20/20-This class consists of 20 minutes cardio/20 minutes strength/20 minutes core & stretch. A variety of equipment will be used to give you a total body workout. It is an intermediate class and is fun for anyone!

Line Dancing — Learn to Line Dance to all genres of music, country, hip hop and rock. We teach you the choreography before we put the dance to music. EVERYONE can do this class! No partner is needed, all levels welcome!

Pilates Mat- Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements.

R.I.P.P.E.D – “Plateau proof fitness formula”. This workout combines resistance, intervals, power, plyometrics, and endurance all in one class!

Senior Strength Training- Resistance exercises for your muscle health and stretching for both flexibility and balance. Emphasis is placed on proper technique and safety.

CR SHAPES- 45-minutes of total body training, Using Pilate’s squishy balls, glute bands, sliders and light weights, this class will help you strengthen your glutes, hips, core and upper body. EVERYONE can benefit from this class.

Sports Conditioning- Get in shape for Ski Season!! This high intensity class focuses on sport specific exercises and provides excellent cardiovascular and muscular conditioning for the ultimate workout!

STEP- Step aerobics can improve cardiovascular health, muscle strength, bone density, balance, coordination, and even boost mood and energy levels.

Tai Chi- This style of exercise is done in a standing position. Tai Chi originated as a martial art and combines flowing movements with balance and posture.

Yoga - This class incorporates elements of Vinyasa, Power yoga and classical Pilates with a focus on fundamental postures and movements. Beginners and advanced students can find this class beneficial to their practice.



Latin inspired cardio dance class that will keep you moving with unique choreography and high energy music. Come have some fun and burn tons of calories!

CYCLE CLASSES

Cycle-45-minute stationary bike workout that enhances cardiovascular endurance and muscular strength.

Cycle STRENGTH-This class combines both on-bike cardio and off-bike strength training segments. The class typically includes a moderate-to-high intensity cardio ride and strength drills that target the full body. bike shoes welcome but not required. **Tues 5:30pm**

Morning Rush- High Energy and Music-Driven: The class uses upbeat music and often includes choreography or rhythm-based pedaling to create an engaging and motivating atmosphere. The room may be dimly lit with special lighting to enhance the experience. **Mon & Tues 6:15-6:45am**

Spin 2.0- High-energy rides with hills, sprints, and endurance training designed to improve heart health. Classes are set to music, and instructors may guide participants to adjust resistance and speed to match music tempo. **Mon 5:30pm, Sat 8:30am.**

“PEDAL TO THE METAL” is a high intensity cycling experience that combines fast paced workout with the electrifying energy of metal music to push your endurance, strength, and cardiovascular fitness. **Wed 5:30pm, Sun 10:45am.**

THEME CYCLE RIDE! These classes are built around a specific theme, such as musical artist, decade, or holiday, and are designed to be fun and motivational. Examples include 80s versus 90s Boy bands or Halloween rides. **Wed 5:30pm.**