



ENDURANCE CYCLING SCHEDULE

"Xanadu" - A place of great beauty, luxury & contentment

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM 6:00 AM							
6:00 AM 6:45 AM	RIDE & STRIDE COLETTE	MOVING MOUNTAINS RICK/KIM	IRON RIDE KIM/RICK	STRATEGIES OF STRENGTH COLETTE	RIDE & STRIDE CHRISTINE		
7:00 AM 8:00 AM							
8:00 AM 9:00 AM						POWERED UP! COLETTE	
9:00 AM 10:00 AM		POWERED UP! MARY		RIDE & STRIDE MARY		IRON RIDE RICK/ ANN MARIE 9:15AM - 10:15AM	POWERED UP! COLETTE
10:00 AM 11:00 AM			IRON RIDE ROSS 10:00AM - 10:45AM		IRON RIDE ROSS 10:00AM - 10:45AM		
11:00 AM 12:00 PM	IRON RIDE KIM 11:30AM - 12:30PM	RIDE & STRIDE MARY 11:30AM - 12:15PM		POWERED UP! MARY 11:30AM - 12:15PM			
12:15 PM 12:45 PM							
1:00 PM 2:00 PM							
2:00 PM 3:00 PM							
3:00 PM 4:00 PM							
4:00 PM 5:00 PM							
5:15 PM 6:15 PM	MOVING MOUNTAINS KIM	IRON RIDE COLETTE	IRON RIDE COLETTE		IRON RIDE KIM		
6:30 PM 7:30 PM	POWERED UP! CHRISTINE	SUNSET CRUISE ANN MARIE	MOVING MOUNTAINS KIM 7:15PM - 8:15PM	SUNSET CRUISE ANN MARIE			
7:30 PM 8:30 PM							
8:30 PM 9:30 PM							
9:30 PM 10:30 PM							
10:30 PM 11:00 PM							



DISCOTHEQUE SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM 6:00 AM				K-BELL Killer SHAWN 5:15AM - 6:15AM			
6:00 AM 7:00 AM							
7:00 AM 8:00 AM							
8:00 AM 9:00 AM						POWER FIT JEN 8:00AM - 9:30AM	
9:00 AM 10:00 AM	POWER FIT JEN	BOSU BOOTCAMP JEN	6 PACK ATTACK JEN	TREKKING (Cardio Deck) JEN 9:15AM - 9:45AM	KETTLEBELL CARDIO JEN 9:00AM - 9:45AM		
10:15 AM 11:15 AM	TRANSFORMER JEN	ZUMBA FITNESS MARY	POWER FIT JEN	BARBELLS & DUMBELLS JEN 10:00AM - 10:45AM	6 PACK ATTACK JEN 10:00AM - 10:45AM		
11:00 AM 12:00 PM							
12:15 PM 12:45 PM							
1:00 PM 2:00 PM							
2:00 PM 3:00 PM							
3:00 PM 4:00 PM							
4:00 PM 5:00 PM							
5:00 PM 6:00 PM							
6:00 PM 7:00 PM	CARDIOLATES LYNN	POWER FIT JEN 6:00PM - 7:30PM	BOSU BOOTCAMP LISA	ZUMBA FITNESS MARY			
7:15 PM 8:15 PM	XTREME XFIT MIKE		K-BELL Killer MIKE	POWER FIT JEN			
8:00 PM 9:00 PM							
9:00 PM 10:00 PM							
10:00 PM 11:00 PM							



BODY & MIND SCHEDULE

"Xanadu" - A place of great beauty, luxury & contentment

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM 6:00 AM							
6:00 AM 7:00 AM							
7:00 AM 8:00 AM							
8:00 AM 9:00 AM							
9:00 AM 10:00 AM	EASY FLOW JANET				EASY FLOW JANET	POWER YOGA ADRIANA 10:00AM - 12:00PM	HATHA RAJA YOGA JANET 9:00AM - 10:30AM
10:15 AM 11:15 AM		FREE FLOW ADRIANA 10:30AM - 11:30AM	GENTLE YOGA FLOW ADRIANA 10:30AM - 11:30AM	FREE FLOW ADRIANA 10:30AM - 11:30AM			
11:00 AM 12:00 PM							
12:00 PM 1:00 PM							
1:00 PM 2:00 PM							
2:00 PM 3:00 PM							
3:00 PM 4:00 PM							
4:00 PM 5:00 PM							
5:00 PM 6:00 PM							
6:00 PM 7:00 PM	YOGA FLOW MELANIE	PILATES LYNN	PILATES LYNN	YOGA FIT MELANIE			
7:15 PM 8:15 PM	POWER FLOW MELANIE		HATHA RAJA YOGA JANET 7:15PM - 8:45PM		HIGH ON YOGA ADRIANNA 7:30PM - 10:00PM THIS SESSION OFFERED ON THE LAST FRIDAY OF EVERY MONTH		
8:00 PM 9:00 PM				HIGH ON YOGA ADRIANNA 8:30PM - 10:45PM THIS SESSION OFFERED ON THE 2ND THURSDAY OF EVERY MONTH			
9:00 PM 10:00 PM							
10:00 PM 11:00 PM							

CLASS DESCRIPTIONS

6 PACK ATTACK

The CORE is the powerhouse of the body and we will ATTACK it from every angle in every way!

BALANCE FUSION

In this SPIN class, we will combine cardiovascular and lower body conditioning of the ride with upper body and core conditioning exercises off the bike for a total body fusion experience.

BARBELLS & DUMBBELLS

Come and get "pumped up" with this full body workout using barbells and dumbbells. A great class to tone, tighten and define!

BOSU BOOTCAMP

Bosu Training is about movement capabilities, reshaping bodies and strengthening minds. Its about inserting thought into movement. Come and give it a try!

CARDIOLATES

A heart pumping 90 minutes of cardio sculpt and pilates combined together for the ultimate body burn. Try it out!

CARDIO SCULPT

This class is the ideal combination of energy, innovation, and excitement, with an array of calorie burning total body workouts, using various types of equipment. With techniques to work endurance and resistance training all in one, you will leave this class wanting more!

CIRCUIT SKILLS AND DRILLS

This workout will lead you through athletic moves, core training and bodyweight exercises that will inspire you to step out of our comfort zone! If you like a no-fuss workout that challenges heart and muscles, this is for you! You will leave feeling empowered and energized!

EASY FLOW

Building on the basics of yoga, focusing on proper breathing techniques and postures. If you are new to Yoga or have been out of practice for a while you will benefit from this light relaxing class.

FREE FLOW

Discover the mind-body connection and explore how to live in balance and harmony freely.

FUZED

The best of 6 pack attack and transformer "fuzed" together in one power packed hour.

HATHA RAJA

Find calm in chaos! Come home to the place of peace, tranquility and stillness that lies within. Learn to live in the present moment through pranayama (breathing exercises) asanas (yoga postures) that are especially designed to move you toward optimum health. Detoxify, rejuvenate and believe you do have the power to turn any situation into simple moments of complete blissfulness. Namaste.

HIGH ON YOGA

This intense yoga session will leave you feeling completely invigorated wanting to come back for more!

IRON RIDE

This workout was inspired by the world's most grueling single-day endurance event, the IRONMAN triathlon. Prepare to ride for the entire session at your lactate threshold as we use intense visualization to ride on a variety of challenging terrain, through environmental challenges and accumulated fatigue. This is a great way to push your limits!

K-BELL KILLER

Get firm, fit and fabulous with Kettlebell training that develops seamless valleys of definition, balance and confidence. This fun and dynamic K-Bell program is designed to show you how powerful you really are!

KETTLEBELL CARDIO

Take a journey with this Kettlebell total body workout that fuses functional strength and heart pumping cardio that will leave you wanting more!

MOVING MOUNTAINS

This class involves steady and constant pedalling with the bike adjusted at a heavy or high resistance. Moving Mountains will help build cardiovascular strength and stamina. So come feel the burn and move mountains with us!

PILATES

Pilates (puh LAH teez) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves.

PILATES FUSION

Similar to our Pilates class, with added props such as bands, bars, balls, weights... to increase the intensity of your workout.

POWERFIT (CARDIO KICKBOXING)

This non-stop challenge of a workout focuses on skills and combinations that professional boxers and kickboxers strive to perfect as well as the drills they use to improve overall physical endurance.

POWERED UP!

Are you ready to get Powered Up? The amount of work completed in a given amount of time by a cyclist is known as power. Through speed, intensity, and resistance this workout is sure to deliver.

POWER FLOW

Your traditional yoga class, with a weekend fun flair! You will leave feeling ready for whatever your weekend is to bring!

RIDE & STRIDE

Come and experience an energenic class like no other. Taught on the award winning Keiser M3 Indoor Cycles. Increase your power and output, rev up your body in both a seated and upright position in this workout!

STEP SENSATIONS

This class is for steppers who are looking for inspiration, motivation and cutting edge choreography. Come out and work it!

STRATEGIES OF STRENGTH

Lets get real and experience true hill climbing strategies of gearing resistance, pedaling, breathing and form. Bringing the hills to life will transform your way of climbing and bring freshness back to your strength ride!

SUNSET CRUISE

End the day with an invigorating cardiovascular ride, overlooking the sunset and feeling the breeze as you journey through easy flat terrain and rolling hills, to out of seat valleys and leg burning mountain climbs. It is bound to be a powerful, exciting and breathtaking cruise.

TRANSFORMER

This resistance training session is taught with a variety of equipment, you will love the multiplicity and challenge of this metabolism boosting workout! You will become stronger and fitter and watch your body TRANSFORM from workout to workout.

TREKKING

Are you bored on the treadmill? Always looking at the clock? Come try this new "treadmill class." You will be surprised just how much you can do on a treadmill, and never have to worry about looking at the clock again...come out for sweatin' good time!

XTREME X - FIT

Come experience an outdoor circuit training system that will condition you from head to toe. Use the latest fitness trends to increase speed, power, agility and endurance. Learn the secrets to boost your metabolism and torch your body into shape! Come get X-fit! (This class will be held indoors if weather conditions are poor)

XANADU-A-DO

Come out and "Do-a-do!". This class combines the heart pumping workout of cycling in conjunction with off road bootcamp style training!"

YOGA FIT

This class is designed to bring mind, body and spirit in perfect alignment and function. Your body will be challenged and at the end of the class your body will be lead to a relaxed state. In this class, you will perform sequences of yoga postures and stretches that are linked to the breath. The class promotes relaxation, rejuvenation, flexibility and strength.

YOGA FLOW

In this class, you will perform sequences of yoga postures and stretches that are linked to the breath. The class promotes relaxation, rejuvenation, flexibility and strength.

ZUMBA FITNESS

The Latin inspired, easy to follow, calorie burning, FEEL IT TO THE CORE FITNESS PARTY! Zumba fitness fuses hypnotic rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

ZENADU

Unique blend of yoga and pilates fused together. This class brings together the core concepts of pilates & yoga through explorative postures, body movement and breath work. This class will leave you feeling a sense of zen, refreshed and inspired