

# AGX STUDIO

Time	Lower	Lower	Upper	Upper	Total	Time	Total	Total
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30 AM	<b>AGX FUSION</b>	<b>AGX FUSION</b>	<b>AGX FUSION</b>	<b>AGX FUSION</b>		7:15 AM	<b>AGX FUSION</b>	
8:15 AM	<b>AGX FUSION</b>		<b>AGX FUSION</b>		<b>AGX FUSION</b>	8:15 AM	<b>AGX FUSION</b>	
9:30 AM		<b>AGX FUSION</b>		<b>AGX FUSION</b>		9:30 AM		<b>AGX FUSION</b>
						10:45 AM	<b>AGX FUSION</b>	
4:30 PM		<b>AGX FUSION</b>		<b>AGX FUSION</b>		11:45 AM		<b>AGX FUSION</b>
5:30 PM		<b>AGX FUSION</b>		<b>AGX FUSION</b>		<p><b>AGX FUSION™</b> is an interval-based functional training program that delivers quick results and keeps you engaged. Workouts are redesigned weekly to ensure constant progression and avoid plateaus. Fusion™ increases strength &amp; endurance, power output and caloric burn. It's guaranteed to keep you committed and coming back for more!</p> <p>Fusion™ classes are included with the Fusion™ membership option (see any fitness consultant for details). Drop-in fee: \$25/class.</p>		
6:00 PM	<b>AGX FUSION</b>		<b>AGX FUSION</b>		<b>AGX FUSION</b>			
7:15 PM		<b>AGX FUSION</b>		<b>AGX FUSION</b>				
7:30 PM	<b>AGX FUSION</b>		<b>AGX FUSION</b>					

# YOGA ROOM

5:15 AM					<b>Power</b> Carol	8:30 AM	<b>LES MILLS CXWORX</b> Carolyn	
7:30 AM		<b>Power</b> Vicki - 1 hour				9:15 AM	<b>Power</b>	<b>Hatha</b>
9:30 AM			<b>Hatha</b> Vicki	<b>Power</b> Andrea - 1 hour		10:30 AM	Andrea - 9:15am	Jodi - 10:30am
10:45 AM	<b>Gentle</b> Jodi		<b>LES MILLS CXWORX</b> Carolyn		<b>Gentle</b> Amy	<p><b>YOGA CLASSES</b></p> <p><b>GENTLE YOGA</b> is accessible to everyone, regardless of physical injury. Yoga can always be modified to meet the needs of each individual.</p> <p><b>HATHA YOGA</b> presents the classical yoga postures, yoga nidra (the letting go of the body while mind remains alert), deep relaxation, and meditation.</p> <p><b>POWER YOGA</b> moves through multiple postures more quickly.</p> <p><b>CXWORX</b></p> <p>Try this intensely challenging 30-minute workout that gets you results where it counts the most...your entire core. With motivating music and coaching, this class targets the abs, back, glutes and hips, while enhancing functional strength. Monthly: \$59 Drop-in fee: \$10/class</p>		
4:30 PM			<b>Hatha</b> Bruce					
6:00 PM	<b>LES MILLS CXWORX</b>	<b>Power</b>		<b>Hatha</b>				
6:45 PM	6:45pm - Marissa	Carol - 6:00pm		Vicki - 6:00 pm				

The physical postures of Yoga make the body more relaxed and free it from accumulated toxins. By doing that, you are indirectly helping the mind become more steady and relaxed.  
Members \$4/class; Non-members \$12/class; Class Card (members only) \$30/10 classes. Get receipt at Service Desk and give to teacher prior to class.