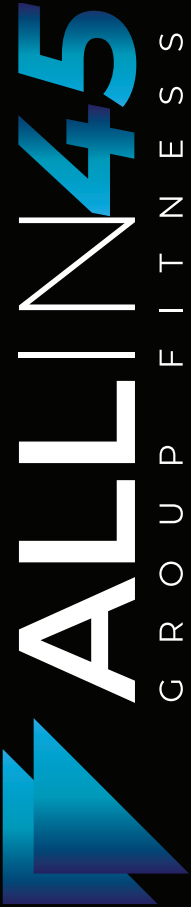


# 2025 Winter/Spring Fitness Schedule (effective January 6th)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>6:15am</b> 🔥 <b>BURN 45</b> (Paige)</p>	<p><b>6:15am</b> 🔥 <b>BURN 45</b> (Paige)</p>	<p><b>6:15am</b> 🔥 <b>BURN 45</b> (Paige)</p>	<p><b>6:15am</b> 🔥 <b>BURN 45</b> (Paige)</p>	<p><b>6:15am</b> 🔥 <b>BURN 45</b> (Erica)</p>	
	<p><b>7:30am*</b> <b>FAST &amp; FIT</b> (Tina)</p>		<p><b>7:30am*</b> <b>FAST &amp; FIT</b> (Tina)</p>		
<p><b>8:15am</b> 🔥 <b>BURN 45</b> (Tina)</p>	<p><b>8:15am</b> 🔥 <b>BURN 45</b> (Tina)</p>	<p><b>8:15am</b> 🔥 <b>BURN 45</b> (Marisa)</p>	<p><b>8:15am</b> 🔥 <b>BURN 45</b> (Tina)</p>	<p><b>8:15am</b> 🔥 <b>BURN 45</b> (Erica)</p>	<p><b>8:15am</b> 🔥 <b>BURN 45</b> (Tina)</p>
			<p><b>8:15am</b> <b>GYM FIT</b> (Marisa)</p>		
<p><b>9:15am</b> <b>YOGA 45</b> (Ali)</p>	<p><b>9:15am</b> <b>PILATES 45</b> (Melodie)</p>	<p><b>9:15am</b> <b>YOGA 45</b> (Ali)</p>	<p> <b>9:15am</b> <b>INDOOR CYCLE 45</b> (Tina)</p>	<p><b>9:15am</b> <b>YOGA 45</b> (Ali)</p>	
		<p><b>9:15am</b> <b>GYM FIT</b> (Marisa)</p>			
<p><b>10:15am</b> <b>GUTS &amp; GLUTES 45</b> (Kaylee)</p>		<p><b>10:15am</b> <b>SIX-PACK ABS EXPRESS*</b> (Marisa)</p>			
<p><b>4:30pm</b> 🔥 <b>BURN 45</b> (Kaylee)</p>	<p><b>5:00pm</b> <b>FAMILY FIT</b> (Ages 5+, Erica)</p>	<p>🔥 <b>5:30pm</b> <b>BURN 45</b> (Marisa)</p>			
	<p><b>6:00pm</b> <b>STRETCH 45</b> (Erica)</p>		<p><b>6:00pm</b> <b>YOGA &amp; WINE</b> (Winzer)</p>		

2025

\*THIS IS A 30 MINUTE CLASS. ALL OTHER CLASSES ARE 45 MINUTES.

### Fitness Staff:

**Paige Miller**, Director of Fitness, Certified Personal Trainer  
**Tina Hill**, Certified Personal Trainer  
**Marisa Kosak**, Certified Personal Trainer  
**Kait Lohmer**, Certified Personal Trainer

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t.hill@cliffdrysdale.com  
marisakosakcpt@gmail.com  
klohmer22@icloud.com



## **BURN 45**

This intense, Total Body Conditioning Program\* uses body-weight and strength-based movements to turn your body into a muscle-building, fat-burning machine! Movement modifications can be made for men and women of all fitness levels.

### **BURN 45**

\*This Program integrates all major muscle groups by having the following focus days throughout the week:

<b>Monday:</b>	<b>Total Body BURN!</b>
<b>Tuesday:</b>	<b>Lower Body BURN!</b>
<b>Wednesday:</b>	<b>Bodyweight BURN!</b>
<b>Thursday:</b>	<b>Upper Body BURN!</b>
<b>Friday:</b>	<b>Total Body BURN!</b>
<b>Saturday:</b>	<b>Lower Body BURN!</b>

## **INDOOR CYCLE 45**

Enjoy a ride on one of our Kaiser bikes as your instructor guides you through various terrain, all set to the beat of great music!

### **FAMILY FIT (Ages 5+)**

Ages 5-99 come on out to the Group Fitness Studio for this 45-minute class that is designed to be simple, basic exercises that are easy to learn and follow! The coach will focus on proper form and technique and teach participants how to exercise in a fun and safe way. From beginners to advanced athletes, this class can be scaled. Parents, please use your discretion and only bring children that are able to positively and safely participate without distracting the others.

### **FAST & FIT**

This 30-minute, action-packed class will get your heart pumping and your body sweating! Learn to combine strength training and cardio drills to get the maximum output for your time. This class is for all levels!

### **GUTS & GLUTES 45**

This class utilizes a variety of equipment such as barbells, dumbbells, kettlebells, balls, bands and body weight for a strength training and toning workout that targets the areas that we all feel we need more of...our abdominals and our bottoms!

## **GYM FIT 45**

Meet this small group in the gym for circuit-style training on the weight machines. If you have been uncomfortable going solo in the gym, this is the perfect way to practice with guidance!

## **PILATES 45**

Join us for this Mat Pilates class to improve flexibility, muscle tone, body balance, spinal support and mind-body awareness. This class is for all levels. Please bring your own mat and towel.

## **SIX-PACK ABS**

Through targeted abdominal exercises designed to improve your entire core, this 30 minute express class focuses on building all of the abdominal muscles to get you on the path to those six-pack abs we all dream of! Additionally, a strong core is an essential part of overall health, specifically back and pelvic strength, injury prevention and stability on the court and in other sports.

## **STRETCH 45**

Your instructor will guide you through various stretches that will improve your mobility and flexibility for total body wellness.

## **YOGA & WINE**

Enjoy a pour as you mentally and physically gain strength, flexibility, relaxation and renewal of focus. Yoga is often a solitary activity, but wine brings us together!

## **YOGA 45**

This class incorporates energetic, fluid movement through a series of asanas where postures are matched with breath, creating a sense of flow, strength, ease and tension release. This class is for all levels.

- \*48 Hour Advanced Booking for Premier Members
- \*24 Hour Advanced Booking for General Members
- \*2 Hour No Penalty cancellation window. Cancel within 2 hours of Class and you will be charged a \$10.00 Late Un-registration Fee\*
- No Shows will be charged a \$12.00 No-Show Fee.

\*The waitlist feature is now available on our app! As spots become available, the next person on the waitlist will be notified by email and has the opportunity to register for the class.

\*We are implementing these new fees as we will have limited spots in our classes and want to allow others the opportunity to participate in our programming

\*All Classes will be a 45-minute format followed by Sanitizing All Equipment used during the class.