



drop-in fitness

Start and end your day right with daily drop-in fitness classes at the Abbey Centre.

Classes take place in Fitness Studio 1 unless otherwise marked.

Available with membership or paid admission

Spring/Summer 2018 Drop In Fitness Schedule *No classes July & August*

	MON	TUE	WED	THU	FRI
6:00 - 6:45 AM		Express Spin*		Boot Camp*	
9:30 - 10:30 AM	Total Body Circuit	Spin & Stretch*	Ab Attack	Spin & Strength*	
10:30 - 11:30 AM			Total Body Blast*		
5:30 - 6:30 PM		Total Body Circuit	Progressive Performance		Progressive Performance
7:00 - 8:00 PM				Total Body Blast*	

Ab Attack

Don't let the name scare you. Ab Attack is a terrific way to strengthen, tone and define your abdominals, core and back muscles in 45 minutes.

Bootcamp*

Need to get your butt kicked? Come out to this early morning bootcamp where the instructor will challenge your strength and stamina and get you pumped for the day. After a quick warmup, we hit our legs, core, arms and total body with resistance band work and body weight exercises, plus combination moves with a partner. The class ends with a stretch, and a victory lap back to the gym.

Express Spin*

Spin is a highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, it's the perfect opportunity to get your heart pumping while you burn some serious calories. This 45 minute express spin class will be great to wake you up and get your body moving.

Progressive Performance

Are you new to exercise or are you looking for a whole body workout to help increase your fitness? This class is just what you are looking for. Each class will progress in difficulty to continuously challenge you and keep things new and interesting. The class will gradually increase the time and intensity of the exercise. The class runs twice a week and is designed to provide you with a whole body workout while teaching you basic movements that can be adapted to meet your needs and fitness level.

Spin and Strength*

This class combines a 40 minute ride with 20 minutes of muscle-strengthening exercises using a variety of fitness equipment. It will also improve muscle definition in all major muscle groups and have you walking away feeling great.

Only 11 spaces available per spin class.

Come early to secure your spot!

Stay Current on Class Changes or Cancellations on Facebook!

Spin and Stretch*

If you are new to spin or you feel you need some much needed designated stretch time after a killer workout, then this is the perfect spin class for you. The class comprises 40 minutes of ride time followed by 20 minutes of stretching.

Total Body Blast*

Using a variety of class designs and equipment, your body will continue to be pushed each week.

Cardio intervals are mixed in with resistance moves that will tone and sculpt your body. This class is a great way to mix up your workout routine.

Total Body Circuit

Keep your body moving from one exercise to the next with little or no rest in between. This class combines cardiovascular and strength training exercises. No choreography, just weights, tubing, kettle bells, and more.

*Classes marked with an * occur on the Cottonwood Meadows Running Track on the 3rd level.*

