

SUMMER FITNESS CLASS SCHEDULE

June - August (No classes 6/19, 7/4 & 9/7)

As of 5/13/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Total Body Conditioning 6:00 - 6:50 am GFS <i>Maria</i>	Indoor Cycling 6:00 - 6:50 am MBS <i>Margaret</i>	Total Body Conditioning 6:00 - 6:50 am GFS <i>Rachel</i>	Indoor Cycling 6:00 - 6:50 am MBS <i>Leslie</i>	Functional Kettlebell 6:00 - 6:50 am GFS <i>Shene</i>	Zumba 8:30 - 9:20 am GFS <i>Erika</i>
Cardio Pump 8:30 - 9:20 am GFS <i>Reann</i>	TRX 8:30 - 9:20 am YAC <i>Michelle</i>	Cardio Pump 8:30 - 9:20 am GFS <i>Gina</i>	TRX 8:30 - 9:20 am YAC <i>Michelle</i>	Cardio Pump 8:30 - 9:20 am GFS <i>Susan</i>	Yoga Open Levels 9:00 - 9:50 am MBS <i>Anya</i>
Golden Groove 8:30 - 9:20 am YAC <i>Jenny</i>	Zumba 9:30 - 10:20 am GFS <i>Debbie</i>	Indoor Cycling 8:30 - 9:20 am MBS <i>Michelle</i>	Hip Hop Fitness 9:30 - 10:20 am YAC <i>Jenny</i>	Pump 9:30 - 10:20 am GFS <i>Susan</i>	Cardio Pump 9:30 - 10:20 am GFS <i>Reann</i>
Pedal & Pump 8:30 - 9:20 am MBS <i>Leslie</i>	Yoga Basics 10:30 - 11:20 am MBS <i>Anya</i>	Pump 9:30 - 10:20 am GFS <i>Gina</i>	Barre 9:30 - 10:20 am GFS <i>Moira</i>	Golden Groove 8:30 - 9:20 am YAC <i>Jenny</i>	SUNDAY
Essentrics 9:30 - 10:20 am MBS <i>Peggy</i>	Total Body Conditioning 5:30 - 6:20 pm GFS <i>Laura</i>	Chair Yoga 9:30 - 10:20 am YAC <i>Jenny</i>	Chair Yoga 10:30 - 11:20 am YAC <i>Jenny</i>	Zumba 9:30 - 10:20 am YAC <i>Debbie</i>	Indoor Cycling 9:00 - 9:50 am MBS <i>Paul & Kim</i>
Hip Hop Fitness 9:30 - 10:20 am YAC <i>Jenny</i>	Gentle Yoga 6:30 - 7:20 pm MBS <i>Alicia</i>	Qi Gong - Progressions 10:30 - 11:20 am MBS <i>Muhammad</i>	Yoga Basics 10:30 - 11:20 am MBS <i>Anya</i>	Chair Yoga 9:30 - 10:20 am MBS <i>Jenny</i>	
Pump 9:30 - 10:20 am GFS <i>Reann</i>		Barre 10:30 - 11:20 am GFS <i>Jenny</i>	Restorative Yoga 5:30 - 6:20 pm MBS <i>Jessica</i>	Barre 10:30 - 11:20 am GFS <i>Jenny</i>	
Qi Gong - Basics 10:30 - 11:20 am MBS <i>Muhammad</i>		Yoga Open Levels 11:30 - 12:20 pm MBS <i>Joy</i>	Total Body Conditioning 5:45 - 6:35 pm GFS <i>Laura</i>	Restorative Yoga 11:30 - 12:20 pm MBS <i>Michelle M</i>	
Barre 10:30 - 11:20 am GFS <i>Jenny</i>		Sweat & Shred 5:30 - 6:20 pm GFS <i>Reann</i>			
Gentle Yoga 11:30 - 12:20 pm MBS <i>Jessica</i>		Yoga Open Levels 5:30 - 6:20 pm MBS <i>Maria</i>			
Total Body Conditioning 5:30 - 6:20 pm GFS <i>Shene</i>		Zumba 6:30 - 7:20 pm GFS <i>Leslie</i>			
Zumba 6:30 - 7:20 pm GFS <i>Priscilla</i>					



HOW TO REGISTER

Tap/click a class name



CLASS LOCATIONS

GFS: Group Fitness Studio (2nd Floor)

MBS: Mind Body Studio (2nd Floor)

YAC: Youth Activity Center (1st Floor)

See the back for class descriptions.

These classes are included with a Center of Clayton membership. **Registration is required monthly.**

General Fitness

Barre - A full body workout that blends small isometric movements, isometric holds, light weights, and high repetition to work the entire body in a low impact, high intensity fun class.

Cardio Pump – A high-energy workout combining strength intervals and short bursts of cardio to build endurance and muscle strength.

Essentrics - A dynamic, full body workout suitable for all fitness levels that simultaneously combines stretching and strengthening while engaging all 650 muscles.

Functional Kettlebell Training (GFS) - A high-intensity-ballistic workout combining functional, compound exercises including swings, cleans, and presses that will work multiple muscle groups.

Golden Groove - This low-intensity, low-impact class combines cardio conditioning with strength and flexibility exercises.

Hip Hop - This high-energy, adult hip-hop fitness class is designed to make you move, sweat, and have a blast while getting fit.

Indoor Cycling - Indoor cycling offers cardiovascular conditioning, endurance building, and lower body strength training

Pedal & Pump - Pedal & Pump is a dynamic, full-body workout that combines high-energy indoor cycling with functional upper body strength training off the bike.

Pump - Pump is a simple, athletic-based workout that strengthens, tones, and defines every major muscle group in your body with weights and other resistance techniques.

Sweat & Shred - Total-body workout designed for all levels using various bodyweight exercises and resistance techniques. This class will use high energy HIIT circuits with toning and strengthening exercises, finishing up with core training and stretching.

Total Body Conditioning - TBC combines various types of cardio and strength training exercises to get you moving and tone you up!

Zumba - Aerobic fitness program featuring fun, rhythmic, easy-to-follow routines performed primarily to Latin dance music, but also incorporates other music genres including pop music.

TRX & Yoga

Chair Yoga - A gentle form of yoga that is performed while seated and/or with the aid of a chair. Great for beginners or anyone looking to increase flexibility, strength, and body awareness, as well as improve balance.

Gentle Yoga - A mindful flow of gentle postures to stretch and strengthen with extended time for meditation, breathwork, and relaxation. Great for beginners and experienced practitioners alike.

Qi Gong Basics - New to Qi Gong? (pronounced "chi-gong") This beginner-friendly class introduces participants to the fundamentals of Qi Gong, including basic postures, breathwork, and gentle movements.

Qi Gong Progressions - For those familiar with Qi Gong basics, this class builds upon foundational skills with more advanced sequences, breath control, and meditative practices.

Restorative Yoga - Promotes deep relaxation through slow-paced poses and deep breathing. Perfect for all skill levels, it's ideal for reducing stress and enhancing emotional well-being.

TRX - TRX Suspension Training is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility, and core stability.

Yoga Basics - Appropriate for beginners or those desiring a slower, gentler pace. Classes cover use of breath, simple alignment principles, and instruction on the classic foundational postures.

Yoga Open Levels - For those with previous yoga experience or beginners in good physical condition. Principles of breath and alignment are employed to increase strength, flexibility, and awareness.