



FRANCO'S
HEALTH CLUB & SPA



GROUP EXERCISE SCHEDULE

TIMES	MONDAY
5:15am	BODYCOMBAT™ Studio 1
6:00am	YOGA Mind & Body Studio
7:30am	YOGA STRETCH Mind & Body Studio
	BODYCOMBAT™ Studio 1
8:30am	STRENGTH & DEFINITION Studio 1
	AQUA FITNESS Pool
9:00am	HIIT Mind & Body Studio
9:35am	BODYPUMP™ Studio 1
11:00am	SILVERSNEAKERS® Studio 1
	PILATES MAT Mind & Body Studio
5:00pm	LES MILLS CORE™ Studio 1
5:30pm	BODYPUMP™ Studio 1
	STUDIO CYCLING Spin Studio
6:30pm	BODYCOMBAT™ Studio 1

TIMES	TUESDAY
5:30am	BODYPUMP™ Studio 1
6:30am	SPRINT™ Spin Studio
7:30am	ZUMBA® Studio 1
8:00am	YOGA STRETCH Mind & Body Studio
8:30am	HIIT Studio 1
	AQUA FITNESS Pool
9:15am	STUDIO CYCLING Spin Studio
9:30am	HIIT Studio 1
	CARDIO DANCE Mind Body studio
10:30am	LES MILLS CORE™ MIND & BODY STUDIO
11:00am	YOGA Studio 1
11:15am	TAI CHI Mind & Body Studio
12:05pm	BODYPUMP™ Studio 1
4:30pm	STRENGTH & DEFINITION Studio 1
5:30pm	HIIT Studio 1
	YOGA Mind & Body Studio
6:00pm	SPRINT™ Spin Studio

TIMES	WEDNESDAY
5:15am	BODYCOMBAT™ Studio 1
8:30am	STRENGTH & DEFINITION Studio 1
	YOGA STRETCH Mind & Body Studio
	AQUA FITNESS Pool
9:00am	CYCLING INTERVALS Spin Studio
9:35am	BODYCOMBAT™ Studio 1
10:00am	PILATES MAT Mind & Body Studio
11:00am	YOGA MIND & BODY STUDIO
	SILVERSNEAKERS® Studio 1
5:30pm	BODYPUMP™ HEAVY Studio 1
6:30pm	BODYCOMBAT™ Studio 1

TIMES	THURSDAY
5:30am	BODYPUMP™ Studio 1
6:30am	SPRINT™ Spin Studio
8:15am	STEP EXPRESS Studio 1
8:30am	YOGA STRETCH Mind & Body Studio
	AQUA FITNESS Pool
9:00am	FOUNDATIONAL POWER Studio 1
9:15am	STUDIO CYCLING Spin Studio
9:30am	TOTAL BODY FUSION Studio 1
	PILATES MATT Mind & Body Studio
10:30am	LES MILLS CORE™ MIND & BODY STUDIO
11:00am	CARDIO DANCE BLAST Studio 1
1:00pm	PARKINSON'S MOVEMENT Studio 1
4:30pm	TOTAL BODY FUSION Studio 1
5:30pm	YOGA Mind & Body Studio
6:00pm	SPRINT™ Spin Studio



TIMES	FRIDAY
5:15am	BODYPUMP™ HEAVY Studio 1
6:00am	SPRINT™ Spin Studio
7:30am	YOGA STRETCH Mind & Body Studio
	BODY COMBAT Studio 1
8:30am	ZUMBA® Studio 1
	AQUA FITNESS Pool
9:00am	HIIT Mind & Body Studio
	STUDIO CYCLING 30 MIN Spin Studi
9:35am	BODYPUMP™ Studio 1
11:00am	SILVERSNEAKERS® Studio 1

TIMES	SATURDAY
8:00am	HITT Studio 1
8:15am	YOGA- POWER FLOW Mind & Body Studio
	SPRINT™ Spin Studio
9:00am	BODYPUMP™ Studio 1
9:00am	STUDIO CYCLING Spin Studio
10:05am	BODYCOMBAT™ Studio 1
10:15am	PILATES MAT Mind & Body Studio

TIMES	SUNDAY
9:05am	BODYCOMBAT™ Studio 1
9:30am	STUDIO CYCLING Spin Studio
10:15am	BODYPUMP™ Studio 1

Group Exercise

FRANCO'S Les Mills & Zumba Classes:

LES MILLS BODYPUMP

LES MILLS BODYPUMP™ is the original barbell class that strengthens your entire body using weight-room exercises like squats, presses, lifts and curls.

LES MILLS CORE

LES MILLS CORE™ A rigorous 30 minute class that provides core strength by targeting ALL core muscle groups. Beginner to Advanced. Please bring a mat.

LES MILLS BODYCOMBAT

LES MILLS BODYCOMBAT™ A non-contact, martial arts-based fitness program providing fast fitness results. All levels.

ZUMBA

Zumba®'s dance routine features fast and slow rhythms, combined to tone and sculpt your body. Add some Latin flavor and you've got Zumba®! Beginner friendly.

FRANCO'S Mind/Body Classes in our Yoga Studio:

YOGA

Traditional classes with various poses that create flexibility & strength using controlled static stretches. *Beginner to advanced. Please bring a mat.* Chair Yoga utilizes a chair (in Studio 1)

GENTLE YOGA YOGA STRETCH

Various & Unique Styles of Light Yoga with gentle movements and stretching. *Beginner & Senior friendly. Please bring a mat.*

POWER FLOW

A yoga flow practice that has an even dose of strength, flexibility, stamina & balance. *All fitness levels.*

STRENGTH & CORE/PILATES MAT

Full body workout of integrative strength & conditioning exercises centered. Around the principles of core strength and stability. *All levels. Please bring mat.*

BARRE

A fusion of ballet, Pilates, yoga and weights to burn fat and tone muscles. *Beg-adv. Please bring a mat.*

TAI CHI

Improves focus, balance, flexibility, coordination, strength, posture, and endurance with gentle movements & stretching.

FRANCO'S Senior-Friendly Classes:

CARDIO DANCE BLAST

Dancin' to the Oldies" class designed to move and groove to your favorite classic tunes. Easy to follow floor choreography.

SILVERSNEAKERS® CLASSIC

Silver Sneakers Classic® is a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. All ages and members welcome.

PARKINSON'S MOVEMENT CLASS

Integrated movement to improve vocalization, coordination, strength & balance. Free to members. All levels welcome, \$5 guest fee for non-members.

FRANCO'S Signature & Original Free-Style Classes:

STRENGTH & DEFINITION

This strength-first class prioritizes compound movements and steady strength training. Build a powerful body through your instructor's signature workout, focusing on muscle definition and long-term strength to build lean muscle and keep your metabolism burning calories all day.

TOTAL BODY FUSION

The ultimate strength and cardio hybrid. Driven by your instructor's unique signature style, this freestyle conditioning class will keep you in the perfect heart rate zone through dynamic cardio movements and functional strength training, you'll build lean muscle and maximize calorie burn in a complete, expert-led wellness experience.

FOUNDATIONAL POWER

It's time to strengthen your center. We're targeting the core--your foundational strength from every angle, working the anterior and posterior chains to bridge the gap from glutes to guts. Improve your posture and mobility while building the lean muscle necessary to fire up your metabolism. Get stronger from the inside out!

FRANCO'S Junior Fitness Classes: Ages 10 - 14

Cycling, Sprint, Zumba & Body Combat

These classes allow kids ages 10 and up to work out. Only the classes identified on this Junior Schedule are open to this age group. Kids under 15 must be with a parent unless they are 12-14 AND Youth Fitness Certified (YFC) and wearing their YFC shirt. Cycling height is 5 feet. Kids in these classes must respect the environment and participate to the best of their ability. The instructor may ask a child to leave if he or she is not behaving appropriately in class.

FRANCO'S Studio Cycling Classes:

LES MILLS SPRINT

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike in an intense style of training.

STUDIO CYCLING

Indoor Cycling Class on Spinner® Chrono™ bikes. Focus on endurance, strength, intervals, high intensity and recovery. All levels.

HIIT CYCLE 30-MIN

Experience a 45-minute high energy cycle sweat fest. Light 2-3lb weights and bands will occasionally be in the mix!

FRANCO'S Aqua Classes in our Heated Pool:

AQUA FITNESS

A cardio & strength workout utilizing noodles & dumbbells in the water with minimal impact on the joints. All ages & levels

aqua ZUMBA

Seasonal, summer class held in the Waterslide Pool (not heated, therefore held only in the summer). Aqua Zumba offers a fun but challenging, water-based, body-toning workout.