

# GROUP FITNESS SCHEDULE

## MORNING CLASSES

Effective June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>RISE N GRIND</b> with Heather 5:30am	<b>STRENGTH HIIT</b> with Keigan 5:30am	<b>RISE N GRIND</b> with Heather 5:30am	<b>STRENGTH HIIT</b> with Keigan 5:30am	<b>RISE N GRIND</b> with Heather 5:30am	<b>BAREBELL FUSION</b> with Shelley 8:30am
<b>AQUA HIIT</b> with Londa 7:00am	<b>STRETCH &amp; RECOVER</b> with Leslie 7:30am	<b>AQUA HIIT</b> with Londa 7:00am	<b>STRETCH &amp; RECOVER</b> with Leslie 7:30am	<b>AQUA HIIT</b> with Londa 7:00am	<b>ZUMBA FITNESS</b> with Ann 9:30am
<b>SPIN 4 LIFE</b> with Debi 8:00am	<b>YOGA FLOW &amp; GO</b> with Suzy 8:30am	<b>SPIN 4 LIFE</b> with Debi 8:00am	<b>YOGA FLOW &amp; GO</b> with Suzy 8:30am	<b>POWER AQUA</b> with Londa 8:30am	<b>HIIT &amp; SCULPT</b> with Shelley 9:30am
<b>POWER AQUA</b> with Londa 8:30am	<b>HIGH FITNESS</b> with Whitney 9:30am	<b>WATER WORKS PLUS</b> with Linda 8:30am	<b>MAT PILATES</b> with Victoria 9:30am	<b>HIGH LOW</b> with Lauren 9:00am	<b>TOTAL BODY</b> with Victoria 11:00am
<b>BARRE</b> with Alissa 9:00am	<b>QUEENAX FIT</b> with Heather 9:30am	<b>ZUMBA FITNESS</b> with Ann 9:00am	<b>HIGH FITNESS</b> with Whitney 9:30am	<b>TRX TOTAL BODY</b> with Alissa 9:00am	
<b>TOTAL BODY</b> with Victoria 9:30am	<b>SIMPLY STRENGTH</b> with Lauren 10:30am	<b>TOTAL BODY</b> with Victoria 9:30am	<b>QUEENAX FIT</b> with Heather 9:30am	<b>PIYO</b> with Alissa 10:00am	
<b>ZUMBA FITNESS</b> with Cristina 10:30am		<b>VINYASA</b> with Sandra 10:00am	<b>ZUMBA FITNESS</b> with Cristina 10:30am	<b>ESSENTRICS STRETCH &amp; TONE</b> with Rebekah 12:00pm	
<b>ESSENTRICS STRETCH &amp; TONE</b> with Rebekah 12:00pm		<b>ESSENTRICS STRETCH &amp; TONE</b> with Rebekah 12:00pm			

## EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YOGA 101</b> with Jennifer 5:00pm	<b>ZUMBA MIX</b> with Rosy 5:30pm	<b>GLUTES &amp; CORE</b> with Megan 5:00pm	<b>ZUMBA MIX</b> with Rosy 5:30pm	<b>YOGA 101</b> with Jennifer 5:00pm
<b>BUILD &amp; BURN</b> with Keigan 6:00pm	<b>SPINERVALS</b> with Londa 5:00pm	<b>BAREBELL FUSION</b> with Shelley 6:00pm	<b>SPINERVALS</b> with Londa 5:00pm	
	<b>METABOLIC MUSCLE</b> with Londa 6:00pm	<b>BUILD &amp; BURN</b> with Keigan 6:00pm	<b>METABOLIC MUSCLE</b> with Londa 6:00pm	

# CLASS DESCRIPTIONS



## LOW INTENSITY

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<b>Essentrics Stretch &amp; Tone</b>	A dynamic workout suitable for all fitness levels, combining stretching & strengthening, engaging every muscle & joint. This class will increase flexibility and mobility for a healthy, toned, and pain-free body. Incorporates standing, mat & barre work.
<b>Stretch &amp; Recover</b>	Whether you're focusing on post-workout stretching to an active recovery day, this full body stretch class mobilizes and lengthens the body to assist in your overall recovery. With the utilization of a foam roller and deep stretching, this class is suited for everyone. Come get mobile!
<b>Vinyasa</b>	Energetic form of yoga where students move fluidly from one pose to the next while connecting their breathing to their movements.

## MEDIUM INTENSITY

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<b>Barre</b>	Ballet-inspired moves incorporating cardio, dance, core, bands, exercise balls and light weights.
<b>Barbell Fusion</b>	This class focuses on five major muscle groups using barbells and weights with cardio blasts in between.
<b>High Fitness</b>	A hardcore, fun fitness class that emphasizes interval training using music you love and easy-to-follow choreography.
<b>High Low</b>	A throwback to the old school days of Hi Lo Aerobics, HIGH Low brings the same energy, intensity, and effectiveness for a HIGH Fitness class with the lower impact.
<b>HIIT &amp; Sculpt</b>	High Intensity focused workout geared to build and shape lean muscle while increasing metabolic rate and burn calories.
<b>Mat Pilates</b>	Strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs, helping to build a strong, balanced body and increasing flexibility.
<b>PiYo</b>	Mix of Pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility. This total-body workout is designed to strengthen small muscles (triceps, shoulders, biceps, calves) and large muscles (hamstrings, back, chest).
<b>Power Aqua</b>	A higher impact workout focused on improving power and endurance with circuit training.
<b>Rise 'N' Grind</b>	Using a mix of strength training and short bursts of cardio, this small group training for all levels of fitness will get you burning calories to start your day strong.
<b>Simply Strength</b>	Simply strength is a full body strength workout. It uses a combination of equipment (bars, dumbbells, tubing, yoga blocks) and bodyweight to help build muscle and melt away fat. Every major muscle group is worked to help improve strength and balance.
<b>Spin 4 Life</b>	An invigorating class that will increase your lower body strength and cardiovascular endurance while burning calories. This intense class has something for everyone - interval drills, hills, flats, and sprints - in a room with motivation music and state-of-the-art spinning equipment.
<b>Spinervals</b>	Spinervals is a high intensity interval training class that combines cycle, core, and strength moves to improve endurance, mobility, flexibility, and strength. This class will get your heart pumping all while burning maximum calories!
<b>TRX Total Body</b>	Full body strength focused workout utilizing the TRX system. Each class will develop strength, balance, flexibility, and core stability simultaneously.
<b>Water Works Plus</b>	Each class will offer a different variety of workouts including Aqua Tabata, Aqua Pilates, H2O Fit, and Planking with Strength Training, Core, and Cardio incorporated into each class. Water = more resistance with less impact on joints, all while having fun!
<b>Yoga 101</b>	Basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body.
<b>Yoga Flow &amp; Go</b>	This full body class will strengthen and stretch you in a peaceful space, while providing an ambiance designed to keep you moving. Leave the class ready to take on your day with a renewed mind, body and spirit.
<b>Zumba Fitness</b>	Dance focused workout sparked from the roots of Latin music, while combining resistance and body-weight movements that will melt away fat and burn calories.
<b>Zumba Mix</b>	Ready to mix it up, burn calories and dance it out!? Come try this aerobic and resistance focused workout guaranteed to tone your body!

## HIGH INTENSITY

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<b>Aqua HIIT</b>	High intensity intervals of cardio and strength, with short periods of rest. This class will burn major calories and improve overall endurance.
<b>Build &amp; Burn</b>	Bootcamp-style workout that puts an emphasis on metabolic conditioning and functional style weight training. This 50-minute class will leave you stronger, leaner, and more athletic than ever before!
<b>Glutes &amp; Core</b>	This class is a quick, no fuss, high energy muscle conditioning class that tones and shapes your hips, thighs, glutes, and abs! Exercises target and tone your entire core and lower body. A fun and stress-relieving way to burn off calories!
<b>Metabolic Muscle</b>	This high-intensity metabolic conditioning workout challenges both your mind and your muscle. Lift, jump, push, pull as you melt away the pounds and sculpt a lean athletic physique.
<b>Queenax Fit</b>	Ready to take your functional fitness to the next level!? Utilizing the Queenax specialized unit, get ready for this full body toning experience which can be performed per station, circuit style or in groups!
<b>Strength HIIT</b>	Strength HIIT is a muscle building and conditioning class focusing on improving cardiovascular endurance, increase athleticism and building strength. Classes will focus on the utilization of dumbbells, resistance bands, and body weight to sculpt and define, while challenging your overall muscular endurance.
<b>Total Body</b>	A full body workout that involves cardio to burn fat and calories and resistance training to sculpt muscles and build a strong core. This class utilizes steps along with hand weights, resistance bands, bars, and various pieces of equipment to challenge the body and deliver a fun effective total body workout.