

Group Fitness Schedule

Please note that the schedule is subject to change without notice.

All classes are included with all memberships and punch passes. Non-members must pay \$6 to attend classes.

All Cycling classes happen in the Indoor Cycling Room, located in the back hallway.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|----------------------------------|------------------------------------|
| 5:30 am Zumba Sparkle | | 5:30 am Zumba Sparkle | | | |
| | 6:30 am Cycling Osra | | 6:30 am Cycling Osra | | |
| 8:00 am Country Heat Lola | 8:00/8:30 am HIIT/Ab & Core Irene | 8:00 am Yoga Whitney | 8:00 am Circuit Irene | 8:00 am Zumba Teddie | 8:30 am The Body Shop Irene |
| 9:00 am R.I.P.P.E.D Katie | 9:00am PIYO Teddie | 9:00 am Cycling Deb | 9:00 am Form Fit Katie | 9:00 am R.I.P.P.E.D. Katie | 9:30 am Cycling *Varies |
| 10:00 am PIYO Teddie | 10:15 am Tai-Chi Rose | 9:00 am Zumba Teddie | 9:00 am Cycling Irene | 9:00 am Cycling *Varies | 9:30 am Zumba Teddie/Sparkle |
| | | 10:00 am Strength & Grace Irene | 10:00 am Country Heat Lola | 10:00 Fusion Irene | |
| 4:30 pm Zumba Teddie | 4:30 pm Form Fit Katie | 4:30 pm Zumba Teddie | 4:30 pm Tai-Chi Mary | | |
| 5:00 pm Cycling Irene | 5:30 pm Circuit Irene | 5:30 pm Kickboxing Weslie | 5:30/6:00pm HIIT/Ab & Core Irene | | |
| 5:30 pm Final Cut Weslie | 5:30 pm Cycling Tracy | 6:00 pm Cycling Irene | 7:00 pm Zumba Sparkle | | |
| 6:30 pm Strength & Grace Tracy | | | | | |

Class Descriptions

Country Heat: This aerobic dance class set to country music will get your heart pumping.

Form Fit: Weights Intensive Class designed to build muscular strength & focuses on good form.

Strength & Grace: Learn how to train the core for improved overall balance. This class tones and shapes the body while engaging the core.

Cycling: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!

Zumba: Internationally known Latin Dance based cardio workout that will leave you begging for "Uno Mas!"

Kickboxing: Come jab, kick, and punch your way into fitness.

Circuit Training: Complete body workout to develop your stamina. Strengthen and tone the entire body.

Final Cut: You will be challenged! A powerful way to strength train. We will challenge all major muscle groups with the best weight room moves.

The Body Shop: This class tones and shapes the body while engaging the core.

PiYo: Fun, challenging class design to build Strength, Balance & Flexibility. The moves fit perfectly together to form a class full of energy, power and rhythm.

Yoga: Flexibility, balance, strength and muscle tone improve as the mind and body work together in harmony.

Tai Chi: Tai Chi is an ancient technique from the orient and has been known to stimulate your mind, joints and muscles. All levels and ages are welcome.

R.I.P.P.E.D: Uses components of Resistance, Intervals, Power, Plyometric, and Endurance training to help you attain and maintain a healthy physique in a safe, fun, and effective way.

H.I.I.T/ Ab & Core: This two part class consists of 30 minutes of high intensity interval training and 30 minutes of focused core work.

Fusion: This two part, hour long, class fuses a workout designed to challenge your cardiovascular fitness and muscular endurance with a 30 minutes Strength & Grace class for a great all around workout. Come sweat...leave satisfied.

Please contact the Health & Fitness Coordinator with any questions or concerns by either leaving a message at the front desk or calling 729-5600.