

SPRING 2021 GROUP FITNESS



MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:15AM Endurance Cycle		5:30-6:15AM Endurance Cycle	6:00-6:30AM HIIT30 Cycle	7:00-8:00AM BodyPump
6:00-7:00AM BodyPump	6-6:30AM BodyAttack 6:30-7 AM PowerCore	6:00-7:00AM BodyPump	6:00-6:30AM GritCombo	6-6:30AM BodyPump 6:30-7 AM PowerCore	8:00-8:45AM Endurance Cycle
9-9:45AM Endurance Cycle	8:30-9:30 AM Body Sculpt	9-9:45AM HIIT Cycle	9:00-10:00 AM BodyPump	9-9:45AM Rhythm Cycle	8:00-8:30AM BodyAttack
9:00-10:00 AM BodyPump	9:30-10:00 AM Grit Combo	9:00-10:00 AM BodyAttack		9-9:45 AM BodyCombat	8:35-9:30 AM Body Sculpt
9:00-10:00 AM Barre	9:30-10:30 AM Dance Fit	9:30-10:30 AM GentleYoga	9:00-10:00 AM Pilates	9:00-10:00 AM Barre	9:00-10:00 AM Power Yoga
9:00-10:00 AM AquaCardio Challenge	9:00-10:00 AM DeepWater Intensive	9:00-10:00 AM AquaCardio Challenge	9:00-10:00 AM DeepWater Intensive	9:00-10:00 AM AquaCardio Challenge	9:00-10:00 AM AquaCardio Challenge
10:00-10:45 AM BodyCombat	10:00-11:00 AM BodyPump	10:00-11:00 AM BodySculpt	10:00-11:00 AM DanceFit	9:45-10:15 AM GritStrength	9:30-10:00 AM GritStrength
10:00-11:00 AM PowerYoga	10:00-11:00 AM YinYoga		10:00-11:00 AM YogaStretch	10:00-11:00 AM FitYogaFlow	10:00-11:00 AM BodyCombat
	11 AM - 12PM SilverSneakers		11 AM - 12PM SilverSneakers	10:20-11:05 AM BodySculpt	11AM-12 PM BodyPump

EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
4:30-5:15 PM BodySculpt	4:30-5:30 PM BodyPump	4:30-5:15 PM BodySculpt	4:30-5:30 PM Zumba	4:30-5:30 PM BodyPump
5:15-5:45 PM GritStrength	5:30-6:30 PM BodyCombat	5:15-6:00 PM BodyAttack	5:30-6:30 PM BodyCombat	
5:30-6:15 PM Endurance Cycle		5:30-6:15 PM HITT Cycle	5:15-6:00 PM Bootcamp Cycle	
5:45-6:30 PM BodyAttack		5:30-6:30 PM Barre	5:30-6:30 PM Power Yoga	
6:30-7:30 PM Power Yoga	6:30-7:30 PM Zumba	6-6:30 PM GritStrength		
6:30-7:30 PM BodyPump	6:30-7:30 PM BodySculpt	6:30-7:30 PM BodyPump	6:30-7:30 PM BodySculpt	

LEGEND	
	Large Room
	Yoga Room
	Cycling Room
	Pool

CLASS DESCRIPTIONS

BARRE - Barre is a low impact, high intensity workout, that incorporates elements of Dance and Pilates to elongate muscles and work them to fatigue.

BODY ATTACK™ - A sports-inspired cardio workout to build strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music help motivate to achieve fitness goals .

BODY COMBAT™ A Mixed Martial Arts cardio training class designed for all fitness levels which includes styles like Boxing, Brazilian Capoeira, Muay Tai and Tai Chi. You will be taught the basics of the moves in a warmup and then challenge yourself through varying peaks of intensity.

BODY PUMP™ A one hour class of intense work that targets every muscle group in a “weight lifting” setting using barbells and weight plates. Great way to increase power and strength.

BODY SCULPT This class provides muscular endurance work using the body's own weight, tubing, weights, and/or steps for resistance. Provides a challenge in further strengthening and contouring muscles of the upper and lower body.

DANCE FIT – A Zumba inspired dance workout with additions of hip-hop for a great hip shaking, move making, cardio workout. Fun and energizing for all fitness levels.

FIT FLOW YOGA - A flow designed to raise the heart rate while incorporating resting and stretching postures, to give you a healthy workout and leave you feeling fresh and energized.

LES MILLS GRIT STRENGTH™ - 30 minute High Intensity Interval Training (HIIT) training focused on weighted movements to increase muscle performance and reach up to 85% heart rate for short intervals. This class uses barbells, plates and bodyweight exercises to make you strong, toned and unbelievably fit.

LES MILLS GRIT™ COMBO – A fusion of Grit Strength, Grit Cardio and or Grit Athletic. A 30 min HIIT workout, focused on increasing speed, agility, and

athletic performance. Your instructor will combine body weight, plyometric and weighted movements for maximum intensity.

PILATES - Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. It emphasizes proper postural alignment, core strength and muscle balance. It is designed to lengthen the muscles while you strengthen them.

POWER YOGA - This class uses dynamic, challenging yoga sequences moving swiftly through each pose. Instructor emphasis is to tire, stretch, and strengthen the body increasing stamina.

RELAXATION YOGA - Relieve stress and gain serenity with a practice that combines mild physical poses, controlled breathing, meditation and relaxation by way of loosening physical and mental tension. Result - you feel completely restored emotionally and physically and your body will simply LOVE you!

SilverSneakers® - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

YOGA STRETCH – A yoga experience focused on connecting mind, body and length. This yoga flow will take you through a series of poses that will lengthen the muscles and deepen the connection of breath and muscle activation and release, leaving the body feeling invigorated, yet free of tension.

YIN YOGA – A yoga practice that stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body. The aim is to increase circulation in the joints and improve flexibility.

ZUMBA - This class consists of routines using fast and slow rhythms and resistance training combine in this interval training session to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®.

CYCLING

BOOTCAMP SPIN- Bursts of high intensity intervals on the bike with strength or cardio-vascular efforts off the bike. Off the bike intervals could include jump rope, weights, running or hitting the punching bag to name just a few.

ENDURANCE SPIN - This class builds an aerobic foundation (improves heart and lung capacity) and increases aerobic capabilities. It provides a balanced amount of intensity and volume. Think longer intervals and sustained effort. Exercising in your aerobic zone boosts your fat burning ability.

HIIT SPIN- High Intensity Interval Training. An effective way to stimulate caloric “after burn”. 45 minute class focused on maximum effort with intervals of recovery.

HIIT30 SPIN- 30 minute version of our HIIT class focused on maximum effort with intervals of recovery.

RHYTHM SPIN- Rhythm based intervals, hills and sprints all set to music that will make you want to move. If you like to pedal to a beat, this is for you.

WATER AEROBICS

AQUA CARDIO CHALLENGE- Shallow total body workout with an emphasis on cardiovascular conditioning. This class is taught at a high fitness level with modifications to encourage everyone to grow individually and work at their own abilities. This class utilizes buoyancy and drag equipment for additional strength training.

DEEP WATER INTENSIVE - Suspended deep water workout using provided flotation belts. Enjoy a full body, non-impact workout while improving flexibility, cardiovascular fitness, toning, and core strengthening. Participants do not have to be able to swim to participate in this class.

