

# Group Fitness Schedule 2023



OGDEN  
ATHLETIC CLUB

## WINTER SCHEDULE Updated February 1st

MORNING CLASSES					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grit Athletic 5:30-6:00AM	Capacity Cycle 5:30-6:15AM	Grit Cardio/Strength Combo 5:30-6:00AM	Interval Cycle 5:30-6:15AM	Grit Strength 5:30-6:00AM	BodyPump 7:00-8:00AM
BodyPump 6:00-7:00AM		BodyPump 6:00-7:00AM		BodySculpt 6:00-7:00AM	Endurance Cycle 7:15-8:15AM
Capacity Cycle 9:00-9:45AM	Interval Cycle 9:00-9:45AM	CycleSculpt 9:00-10:00AM	HIIT 30 Cycle 8:30-9:00AM	Interval Cycle 9:00-9:45AM	BodyAttack 8:00-8:30AM
AquaCardio Challenge 9:00-10:00AM	DeepWater Intensive 9:00-10:00AM	AquaCardio Challenge 9:00-10:00AM	DeepWater Intensive 9:00-10:00AM	AquaCardio Challenge 9:00-10:00AM	AquaCardio Challenge 9:00-10:00AM
BodySculpt 9:00-10:00AM	BodyPump 9:00-10:00AM	GritStrength 9:00-9:30AM	BodyPump 9:00-10:00AM	BodyCombat 9:00-10:00AM	Mat Pilates 8:15-9:00AM
Barre 9:00-10:00AM	Mat Pilates 9:00-10:00AM	Barre 9:00-10:00AM	Mat Pilates 9:00-10:00AM	Barre 9:00-10:00AM	Endurance Cycle 8:30-9:30AM
BodyCombat 10:00-11:00AM	Dance Fit 10:00-11:00AM	BodyAttack 9:30-10:00AM	DanceFit 10:00-11:00AM	Sculpt Express 10:00-10:45AM	BodySculpt Express 8:30-9:15AM
Vinyasa Yoga 10:00-11:00AM	Restorative Yoga 10:00-11:00AM	Gentle YinYoga 10:00-11:00AM	Restorative Yoga 10:00-11:00AM	FitYogaFlow 10:00-11:00AM	Vinyasa Yoga 9:00-10:00AM
		BodyPump 10:00-11:00AM			BodyCombat 9:15-10:00AM
SilverFit Cardio Dance 11:00-11:45AM	SilverFit Classic 11:00-Noon	SilverFit Balance **8:00-8:45AM**	SilverFit Classic 11:00-Noon	Zumba Gold 11:00-Noon	Grit Athletic 10:00-10:30AM
EVENING CLASSES					
BodySculpt Express 4:30-5:15PM	BodyPump 4:30-5:30PM	BodySculpt Express 4:30-5:15PM	DanceFit 4:30-5:30PM	BodyPump 4:30-5:30PM	BodyPump 10:30-11:30AM
GritStrength 5:15-5:45PM	BodyCombat 5:30-6:30PM	BodyAttack 5:15-6:00PM	BodyCombat 5:30-6:30PM		
Barre 5:30-6:30PM	Restorative Yoga 5:30-6:30PM	Barre 5:30-6:30PM	Vinyasa Yoga 5:30-6:30PM		
BodyAttack 5:45-6:30PM		Endurance Cycle 6:00-6:45PM			
HIIT Cycle 6:00-6:30pm		Grit Strength 6:00-6:30 PM			
BodyPump 6:35-7:30PM	BodySculpt 6:35-7:30PM	BodyPump 6:35-7:30PM	BodySculpt 6:35-7:30PM		

### 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.

**BODY SCULPT EXPRESS** – A 45-minute version of Body Sculpt, often incorporating multiple muscle groups together to provide a complete full-body workout in a shorter time frame.

**CORE SCULPT EXPRESS** – a 30-minute class designed to strengthen your core muscles, including your entire abdomen, low back, and glutes. This class utilizes a variety of equipment to create power and stability for your core muscle groups, which help to power all your movements.

**DANCE FIT** – A Zumba-inspired dance workout with additions of hip-hop for a great hip-shaking, move-making, and 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.

**GENTLE YOGA** - Gentle Flow Yoga is geared specifically for those new to yoga or those who are interested in a gentler practice. This class incorporates simple flowing sequences to warm up the body, as well as slower-paced movements focusing on alignment, strength, balance, and flexibility... No experience or flexibility is required.

**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™ ATHLETIC** – a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises, and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed, and power.

**MAT 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.

**SilverFit CLASSIC** - 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 resistance ball are offered for resistance. A chair is used for seated and/or standing support.

**SilverFit BALANCE** - SilverFit Balance is a class structured to improve reaction time, balance, coordination, and flexibility by building strength in your legs and core muscles. Classes may feature standing and seated balance work, strength training, and tai chi.

**RESTORATIVE YOGA**– 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.

**VINYASA YOGA** – Vinyasa (translates to “flowing with breath”) is a dynamic style of Hatha yoga that joins physical postures, with inhales and exhales, creating a steady internal rhythm for the practice. It is all about movement and the flow of energy as you sync the body and the mind together through motion and breath.

**ZUMBA GOLD®** - Designed for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

## CYCLING

**CAPACITY CYCLE** - Raise your fitness and Vo2max. This ride helps to improve your Functional Threshold Power (the amount of effort or watts you can sustain through a workout), to continually grow and push you to your edge.

**CYCLESULPT** – An interval class designed to be on and off the bike. Enjoy sets on the bike to raise your heart rate, then hop off the bike for muscle sculpting sets using hand weights, bands, and body weight. You will burn mega calories while toning your muscles.

**ENDURANCE CYCLE** - 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 30 CYCLE**- High-Intensity Interval Training. An effective way to stimulate caloric “afterburn”. This 30-minute class focuses on maximum effort with intervals of recovery.

**INTERVAL CYCLE**- This class is based on intervals, hills and sprints all set to music that will make you want to move. If you like a challenge and then get a quick recovery reward for your hard work, 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.

**DEEPWATER INTENSIVE** – A 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.