

GROUP FITNESS SCHEDULE FALL 2019

CARDIO	CARDIO & STRENGTH
MIND & BODY	Cardiac Rehab
STRENGTH	Mixed

Please arrive 10 minutes early and let the instructor help you get started.

STUDIO A

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 AM		H.I.I.T		H.I.I.T		H.I.I.T	
7:00-7:45 AM			Group Strength		Group Strength		
8:00-8:45 AM		2BFit		2BFit		2BFit	Weekend Warrior
10:00-10:45 AM		Silver Sneakers®		Silver Sneakers®		Silver Sneakers®	
12:10-1:00 PM			P90X®				
12:15-12:45 PM		Transform Live™			Express Fitness		
5:30-6:15 PM		Body Inferno		P90X®			
5:30-6:30 PM			Insanity®		Insanity®		
6:30-7:00 PM					Transform Live™		

STUDIO B

5:30-6:00 AM		Cardiac Rehab		Cardiac Rehab		Cardiac Rehab	
6:00-6:45 AM		Sunrise Yoga					
7:00-7:45 AM		Yoga		Yoga		Kickboxing	
9:00-9:45 AM			Pilates		Pilates		
10:00-10:45 AM		Cardiac Rehab		Cardiac Rehab		Cardiac Rehab	
12:10-1:00 PM				PiYo®		Gentle Yin Yoga	
4:30-5:30 PM		YogaFuze		YogaFuze			
5:30-6:15 PM			Kickboxing		Kickboxing		
6:30-7:30 PM		PiYo®	Fit Flow Yoga		Fit Flow Yoga		

Fit Floor

8:00-8:45 AM			FIT		FIT		
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CYCLE STUDIO

5:30-6:15 AM			Rhythm Ride		Rhythm Ride		
7:00-7:45 AM			Rhythm Ride		Rhythm Ride		
12:10-1:00 PM				Fusion Spin	Fusion Spin	Rhythm Ride	
5:30-6:15 PM		Rhythm Ride		Rhythm Ride			

GROUP FITNESS CLASS DESCRIPTIONS

CARDIO	CARDIO & STRENGTH
MIND & BODY	CARDIAC REHAB
STRENGTH	MIXED

2BFit

For beginner and novice exercisers. Focuses on strength, balance and flexibility by incorporating stretching and strengthening exercises using various forms of resistance.

AquaFit

AquaFit is a class that incorporates strength, flexibility, and balance while on a paddleboard in our pool.

Body Inferno

Body Inferno is a heart-pumping, soul-searching, energy-producing fitness class for the ultimate full body workout. We use resistance bands, weights, and your own kettle bells. You will sweat, shake, and melt fat away as you lengthen and ton your body.

Deep Water Aerobics

A fun way to maximize your calorie burn! This non-impact workout will challenge you with cardio intervals while being gentle on your joints.

Express Fitness

A 30-minute express weight training class designed with women in mind, but open to all. The focus is to increase energy, posture, strength, endurance and weight loss.

FIT

Our Queenax class focuses on developing strength through functional training that will help participants move better while also burning calories!

Fusion Spin

Fusion is an active fitness class that incorporates cardio and strength training with a variety of equipment. Come sweat and train to build strength, enhance cardio, and have fun!

Gentle Yin Yoga

Gentle Yin Yoga is a slow-paced mindful yoga practice during which we will practice different breathing and visualization techniques. We will be holding each pose for 1 to 5 minutes to give our bodies time to release tension in our muscle fascia, joints, ligaments, and tendons. Appropriate or all experience levels with many modifications and variations.

Group Strength

Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller and feel stronger. May include a variety of equipment.

H.I.I.T

This bootcamp style class includes mid to high intensity body weight exercises with interval and strength training. It's a high calorie burning class and its designed to push you to the max.

INSANITY®

INSANITY® uses MAX Interval Training, which replaces traditional moderate-intensity exercise, and trades short intervals of intensity for short periods of rest. Adding high-intensity exercise forces the body to use fast-twitch muscle fibers not normally engaged in cardio exercise.

Kickboxing

Our kickboxing class features mixed martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, and sculpt total body definition- no equipment needed.

P90X®

P90X® is a total-body workout that incorporates strength training, cardio, core work, and flexibility. This program uses challenging workouts to help people beat plateaus with a variety of workouts.

Pilates

Pilates is a full mind/body conditioning program comprised of a series of several specifically designed movements performed on a mat and/or using various exercise equipment. Pilates improves strength, flexibility, balance, control, and muscular symmetry.

PiYo®

PiYo is a unique blend of strength training and core conditioning- a perfect combination of Pilates and Yoga set to vibrant music. It is all about energy, power, and rhythm. This is unlike anything you've ever done before. If there is one class that can change your body, this is it!

Rhythm Ride

This cycle class is organized to challenge and push participants while providing a fun and positive environment. Movements may include pedaling on the flats, hills, acceleration drills & jumps. Get ready to ROLL!

Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. A chair is available if needed for seated or standing support.

Sunrise & Fit Flow Yoga

Experience the joy of movement and the bliss of a peaceful mind. This flowing yoga class links poses together to create strength, flexibility, endurance and balance in a fitness format for everybody and every BODY.

Transform Live

Using a step to ramp up your calorie burn, this 30-minute, music-driven, high-intensity cardio-conditioning class is designed specifically for the group fitness room. Transform LIVE emphasizes positivity and inspiration, so you leave the class feeling accomplished and ready to take on your day.

Water Aerobics

Dynamic low-impact classes including active stretches, strengthening through the use of water resistance & high intensity aerobic component. Appropriate for all levels of participants. Do not need to know how to swim.

Weekend Warrior

Weekend Warrior is a rotating fitness class that includes Cardio, Mind & Body, Strength, and mixed Group Fitness. It's designed to give you time off of your busy work week!

YogaFuze

Whether you are training for a sport or everyday life, YogaFuze offers a unique and challenging blend of Iron Yoga, Core Power Yoga and YogaFit®. The class pairs Vinyasa (flow) yoga with weights to build strength, enhance flexibility and sculpt body tone.