

2019 Winter Group Fitness Class Schedule

Last Updated: 01/03/2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BodyPump 6:00-7:00am Marie	BodyFlow 6:00-6:45am Stephanie	BodyPump 6:00-7:00am Jason	BodyFlow 6:00-6:45am Darcie	RPM** 6:00-6:45am Marti	
	Tai Chi 8:30-9:15am Spencer	Zumba Gold 8:30-9:15a Heather	Tai Chi 8:30-9:15am Spencer		Tai Chi 8:30-9:15am Spencer	BodyPump 8:30-9:30am Denise/Savannah
ZUMBA 12:30-1:15pm Debracca	Silver Sneakers 9:30-10:20am Denise	Tone 9:30-10:15am Marti	Silver Sneakers 9:30-10:30am Mary Rose	Movin' & Groovin' 9:30-10:15am Mary Rose	Silver Sneakers 9:30-10:30am Mary Rose	CXworX 9:40-10:10am Julie
POUND 1:30-2:15pm Jonna	S. S. Yoga 10:20 -10:50am Denise			S. S. Yoga 10:30-11:15am Denise		RPM** 10:15-11am Marti
RPM** 2:25-3:10pm Denise	BodyFlow 11:00-11:50am Darcie		BodyFlow 11:00-11:50am Darcie		BodyFlow (Flexibility) 11:00-11:45am Darcie	ZUMBA 11:30-12:15pm Debracca
CXworX 3:20-3:50pm Denise	BodyPump 12:00-1:00pm Lisa	Hatha Yoga 12:05-12:50pm Ellen	BodyPump 12:00-12:45pm Lisa	Hatha Yoga 12:05-12:50pm Misty	BodyPump 12:00-12:45pm Marie	ZUMBA-STEP 12:00-12:30pm Debracca
BodyFlow (Flexibility) 4:00-4:45pm Stephanie	BodyFlow 4:30-5:25pm Stephanie	Tone 4:30-5:15pm Marti	BodyFlow 4:30-5:25pm Darcie	Tone 4:30-5:15pm Marti		
	BodyPump 5:30-6:25pm Ellery	Turbo Kick 5:45-6:45pm Melissa	BodyPump 5:30-6:30pm Denise	Turbo Kick 5:30-6:30pm Diane		
	GRIT 6:35-7:05p Denise	RPM** 5:20-6pm Marti	GRIT 6:35-7:05pm Denise	CXworX 6:30-7:00pm Julie		
		CXworX ** 6:15-6:45pm Julie		Zumba 7:05-7:50pm Heather		
		BodyFlow (Flexibility) 7:00-7:45pm Stephanie		RPM ** 7:00-7:45pm Kim		

**Class is in the RPM room :)

Group Fitness Class Descriptions:

(30 Minute Classes)

CXworX: A personal training inspired class scientifically based to build and maintain strength for your core.

GRIT: An intense high intensity interval training (HIIT) workout that will boost your metabolism beyond the confines of the gym.

(40-60 Minute Classes)

Hatha Yoga: A posture (asanas) based practice that coordinates breath and movement to develop flexibility, calm, and relaxation.

BodyFlow: a combination of Yoga, Tai Chi, and Pilates that leaves you feeling long, strong, and centered.

Tai Chi: An ancient practice of self-defense developed by monks that improves balance through meditative movement and breath

Silver Sneakers: A class geared toward active seniors with an emphasis on balance and muscle/bone strengthening.

Silver Sneakers Yoga: Offers a chair/standing based class to increase flexibility, balance, and range of motion.

Tone: A class featuring an optimal mix of cardio, strength, and core training. A great cross-training option for people of all ability levels.

Movin & Groovin': A cardio-based walking class that offers a variety of moves and intensity levels that will increase your aerobic endurance.

Zumba: A dance-fitness style class that blasts calories with easy to follow choreography with varied intensity levels.

POUND: Cinch the waistline and trim the thighs with this pilates/cardio mix featuring the use of drumsticks to improve coordination, rhythm, and endurance.

Turbo Kick: A cardio kickboxing and body sculpting aerobics class choreographed to the hottest music.

RPM: 45 minutes of high intensity interval training (HIIT) set to great music. This cycling class will get your heart rate racing.

BodyPump: The original resistance training class that builds strength, tones, and brings all of your muscle fibers to threshold every time.

*Class times are subject to change at instructors discretion and availability.