

Group Exercise Class Schedule Winter 2020

November 30th—February 28th



FIELDHOUSE—TURF					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10a MAX Grit CB	5:10a Cardio Bootcamp CW	5:10a Chisel-Bootcamp CW	5:10a Body Xtreme BR		
6:10a MAX Grit CB	6:10a Cardio Bootcamp CW	6:10a Chisel-Bootcamp CW	6:10a Body Xtreme BR		
		5:30p Bootcamp SH	5:30p Kickbox SH		

POWERHOUSE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:10a Body Shock CB	
	8:30a Results MC		8:30a Results MC	6:10a Body Shock CB	
9:00a Results RH		9:15a LHA MC		9:00a Results RH	9:30a Results MC
	4:30p Bootcamp LB				
5:30p MAX Grit LB	5:30p Bootcamp LB				

FITNESS STUDIO					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a Living Young RH	6:00a Yoga EG	8:00a Living Young CH	6:00a Yoga EG	8:00a Living Young RH	
9:15a Movin' & Groovin' CH	9:00a Tai Chi EB	9:15a Movin' & Groovin' CH	8:00a SOULfusion RH	9:00a Tai Chi EB	8:00a Little Lotus Kids Yoga
10:00a Barre CH			10:00a Yoga Stretch EG		9:00a Yoga SC
12:30p Yoga SC		12:30p Yoga SC			
5:30p Cardio Dance KR		4:30p Cardio Dance KR			

SPIN—PLEX PEDAL					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:30a Spin CB
	9:30a Spin MC		9:30a Spin MC		8:30a Spin MC
11:45a Spin/Core SM		11:45a Spin/Core SM		11:45a Spin/Core SM	
5:30p Spin Ronda					

POOL—AQUA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00a Aqua Jam BR		8:00am Aqua Lower Body EG	8:00a Aqua Jam BR	8:00a Aqua Cardio BR	
	8:50a Aqua Cardio BR		8:50am Aqua Cardio EG	8:50a Aqua KBox BR		
	5:30p Aqua Jam BCS	5:30p Aqua Fusion EG		5:30p Aqua Bootcamp AV		

Our Winter schedule will run from Monday, November 30th — Sunday, February 28th. All group fitness class are 45-50 minutes in length unless otherwise noted. Make sure to sign up for our group fitness email and text alerts! Please inquire at the front desk.



Cardio Dance—is a calorie-burning dance fitness party where Latin and World rhythms are combined with easy-to-follow moves. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

Results:—This class consists of a 5-7 minute cardio warm up, followed by strength training. Each class will hit every major muscle group at least twice; and ab exercises will complete the workout. Come see your results change in this great class. Results class burns 400-700 calories per class!

Body Shock: Ready to shock your system? This class has a little of everything! Cardio, weights, TRX, Kettlebells and more! This circuit style class is a go-at-your-own pace class, which lots of variation from week to week.

SOULfusion: A creative blend of yoga inspired FLOWS, short cardio bursts, balance sequences and strength training exercises all set to crazy FUN music. SOULfusion is all of your soulmate workouts wrapped into one!

Meet us on your MAT!

Yoga—EXPERIENCE the latest trend in personal wellness and physical fitness. Our Professional Instructors use an electric blend of Lyengar and Yoga Fit to assist participants at ALL levels in improving flexibility, balance, and muscular endurance. Our Yoga Instructors will help you learn stress management and relaxation techniques to incorporate into your daily life.

Tai Chi—Tai Chi promotes serenity through gentle, fluid movements. It is proven to improve balance and reduce stress. The slow movements and controlled breathing harmonize energy flow in the body. The martial application can also be used for self-defense in urgent situations.

Spin—Everyone finishes first in Spin! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. Motivating music and an inspiring group environment lets you ride on!

Movin' & Groovin'— Senior Dance is the fun low impact cardio workout you have always been looking for. This class will keep you moving while enjoying some great music and fun.

Lift/HIIT/Abs: With the use of dumbbell weights and your own body weight, this class helps participants push to build and tone muscle; burn calories and strengthen the core. The class will challenge you with high intensity intervals which will build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

BodyXtreme (Turf) — This high-intensity interval training workout sculpts your body and burns calories like nothing you've experienced before. Get ready to sweat!

Bootcamp (Turf) — This class mixes traditional calisthenic and body weight exercises with interval training and strength training. Be ready to push your body to the next level!

MAX Grit (TURF) — This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.

Cardio Bootcamp (Turf)— Keep your heart rate high and your energy pumping and challenge your body through intervals, amraps, stations and more. Format is different every week to keep things interesting and help you achieve results.

Chisel Bootcamp (Turf)— With a focus on resistance training, this bootcamp is anything but boring. EMOMs, AMRAPs and changing formats bring your workout to the next level. While keeping form on point you will work every muscle in your body.

Kickbox (Turf) — This class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Yoga Stretch— Tight muscles can cause imbalance and pull the body out of alignment. This class begins with warm-up movements to build heat and prepare the muscles to for stretching. Yoga stretch will include yoga postures built into yoga flows, breathing exercises, and meditation to promote a healthy mind and body.

Living Young—Living Young is a class designed to improve flexibility, strength, balance, and core stability. Continuing to challenge your body in new ways leads to less pain and increases ability to complete daily activities.

Aqua— Aquatic Fitness classes offer a safe, comfortable, and efficient way for people of all ages, sizes, and fitness levels to get and stay fit. The aquatic environment works nearly every muscle group in one workout, helping to build lean muscle tissue and burn body fat. Exercising in water is very low impact, allowing individuals to participate who might be physically unable to in a traditional exercise environment. No swimming skills are needed for any of our classes. And most of all.....it's FUN! We have several options for styles—cardio, strength, upper body, lower body, dance, and more!

Little Lotus Kids Yoga— Yoga class designed for kids ages 5+, they will learn yoga poses, breathing, and relaxation techniques. Yoga for kids is a great way for your children to learn how to reduce stress, as well as improve concentration, mood, balance and flexibility. And best of all, it's fun!