

Group Fitness Schedule

January 3rd-30th



CEDAR VALLEY SPORTSPLEX

Where active lifestyles take shape

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TURF	5:10a Boot camp Alyssa	5:10a Cardio Blast Lori	5:10a Boot camp Candice	5:10a Cardio Blast Bryan		
	6:10a Boot camp Alyssa	6:10a Cardio Blast Lori	6:10a Boot camp Candice	6:10a Cardio Blast Bryan		
	10:00a Kick boxing Bryan		10:00a Kick boxing Rhonda		10:00a Kick Boxing Anna	9:30 Kids Circuit Childcare
	10:00a Kids Circuit Child Care		10:00a Kids Circuit Child Care			
		4:30p Boot camp Lori			4:30p Kickboxing Anna	
		5:30p Boot camp Alyssa			5:30p Kbox Bootcamp Eric	
POWERHOUSE					5:10a Boot camp Lori	
	8:00a Living Young Robin				6:10a Boot camp Lori	
	9:00a Results Robin	9:00a Results HIIT Michelle	9:00a Results Robin	9:00a Results HIIT Michelle	9:00a Results Robin	9:30 Results Michelle
		11:45a Tabata Penie		11:45a Tabata Penie		
	4:30p Boot camp Bryan					
	5:30p Boot camp Bryan	5:30p Heated Yoga Eliz	5:30p Bootcamp Robin	5:30p Heated Yoga Eliz		
				6:30pm Total Body Fitness TY		
PEDAL-PLEX						7:30a Spin Ronda
		10:00a Spin Michelle		10:00a Spin Michelle		8:30a Spin Michelle
	11:45a Spin Summer		11:45a Spin Summer		11:45a Spin Summer	
			4:30p Spin Robin			
	5:30p Spin Ronda		5:30p Spin Ronda			
POOL	8:00a Aqua Jam Bryan	8:00a Aqua Jam Eliz	8:00a Aqua Jam Bryan	8:00a Aqua Jam Bryan	8:00a Splish Splash Bryan	
	8:50a Cardio Blast Penie		8:50a Cardio Blast Penie	8:50a Poolates Bryan		
	5:30p Aqua Jam Brooke	5:30p Aqua Jam Anna		5:30p Aqua KBOX Anna		
FITNESS STUDIO		6:00a Yoga Eliz		6:00a Yoga Eliz		
			8:00a Barre Fusion Robin	8:00a Soul Fusion Robin	8:00a Living Young Robin	
	9:00a Movin' & Groovin' Cris	9:00 Tai Chi Cris	9:00a Movin' & Groovin' Cris	9:00a Tai Chi Cris		9:00a Yoga Noel
	10:00a Abs & Flexibility Cris	10:00a Pilates Yoga Eliz	10:00a Abs & Flexibility Cris	10:00a Pilates Yoga Eliz		
	5:30p Cardio Dance Karyn		4:30p Cardio Dance Karyn			

NEW classes are highlighted in yellow

Boot camp: These classes are designed to keep you motivated so that whether you're getting up before the sun or coming after work, you always know it'll be worth it! Each class is designed to push you, but never in the same way as the day before. Our goal is to offer encouragement rather than intimidation, but be prepared to be pushed to your personal best!

Cardio Blast: This class is designed to pair with strength training to give your body an "active recovery". You may not feel like your recovering as your climbing stairs, slamming balls, lunging, and jumping rope, but trust us you'll be ready for the next strength day!

Tabata- Interval training is one of the most effective types of training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. This class will combine both cardio and strength to make sure you get a great workout!

Kickbox — Kickboxing is a great opportunity to connect mind to muscle while 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.

Kbox Bootcamp— Is a combination of everything you love about kickboxing with the added benefits of strength training! Make sure you come ready to attack both the bags and the weights !

Results:—If you're looking for class that will help you strengthen everything from head to toe, look no more. Results is designed to strengthen your total body instead of leaving you in pain in just one area.

Living Young—Living Young is a low impact 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.

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.

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!

Barre Fusion: classes are done at the ballet barre formatted to be heart pumping. This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe.

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. You're never too old you dance and sing!

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.

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!

Kids Circuit- We believe you're never too old or too young to move! Our kid's circuit is designed to help kids get up and play! Whether it's running, stairs, hopping, throwing, or pushups we'll make sure your kids have fun and want to come back!

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.

Pilates Yoga - Classes will offer balancing poses & core strength exercises with an emphasis on strength, breath, and flow.

Heated Yoga - The focus in this class is on flowing from pose to pose and linking your movement with your breath. This class is a great challenge for any level practitioner. The heat aids in warming the body and increasing detoxification through sweat.

Aqua Jam— Aquatic Fitness classes offer a safe, comfortable, and efficient way for people of all ages, sizes, and fitness levels to get and stay fit. Aquatic exercise is very low impact and allows individuals to work nearly every muscle group in one workout who might be physically unable to in a traditional exercise environment. No swimming skills are needed for any of our classes.

Aqua Cardio Blast: All of the benefits as our other aqua classes, but with a focus on getting your heart rate high enough to improve your cardiovascular endurance. We'll make sure that you're having so much fun you forgot that you were exercising!

Poolates- Aqua Poolates incorporates pool noodles into you work out to help improve range of motion and strength in your core and lower body. Kids aren't the only ones that can play with noodles!

Spish Splash- If you don't believe you can have fun while exercising you've never been to this class! It's all about cardio and music during this one! If you're a fan of songs like Funky Town, Jailhouse Rock, I Get Around, and Tequila you'll enjoy this class. (and don't worry you won't be the only one singing a long!!).