



HOLIDAY 2018 GROUP FITNESS SCHEDULE

(Dec 10, 2018 through Jan 6, 2019)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:15-6:00am Zumba Zach				
8:00-9:00am Cycle Core Elizabeth	8:00-9:15am Total Training Bradley	8:00-9:00am Fit Fusion Paige M.	8:00-9:15am Total Training Bradley	8:00-9:00am Cycle Core Chelsey		
		8:00-9:00am Flexy Naomi			9:00-10:00am THRC Mania JD	
10:00-11:00am Yoga Jenna				10:00-11:00am Yoga Jenna	10:00-11:00am Zumba Rocio/Andy	
	12:00-12:30pm Holiday Express Terah		12:00-12:30pm Holiday Express Terah	12:00-12:45pm Bosu Blast! Jake		
5:00-5:30pm Bosu Blast Jake		5:00-5:30pm Bosu Blast Jake				
5:30-6:30pm Power Pump Naomi	5:30-6:30pm Cycle Clare	5:30-6:30pm Power Pump Brooke	5:30-6:30pm Cycle Chelsey			
6:30-7:30pm Zumba Nikki	6:00-7:00pm Zumba Rocio		6:00-7:00pm Zumba Laura			



BARRE BOOTCAMP

This class has a strong focus on strengthening and toning the body using a ballet bar for stability combined with strength drills that will get your heart pumping! . This class may also include equipment such as balls, mats, dumbbells and resistance bands.

STRONG by Zumba

A non-dance based class that combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. You will burn calories while toning arms, legs, abs and glutes and having fun while doing it!

YOGALATES/YOGA

Come to this hybrid class combining pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.

CYCLING

Enjoy a workout that improves cardio and stamina while burning calories. Go through a variety of terrains, intensities, and movements to take your fitness to the next level!

FIT AND FLEX

Weights and cardio come together to shape up and sculpt the whole body, and finish with flexibility work. This class is for all levels!

HIIT

High-Intensity Interval Training – Push past your comfort zone for a workout that will leave you breathless. This class consists of high-intensity cardio drills and strength exercises for maximum calorie burn!

POWER PUMP

Train your body for a lifetime of strength and stability using a variety of techniques and equipment. This highly efficient, full body workout is just what you need to define and strengthen your muscles.

ZUMBA/FAMILY ZUMBA

Zumba is a fitness program that combines Latin and International music with dance moves. Zumba is a total workout, combining all elements of fitness including cardio, muscle conditioning, balance and flexibility. Family Zumba is for parents and children ages 7+, to come together for fun family fitness! The moves are simplified and the music is more age-appropriate!

THRC MANIA

Come join the THRC Mania! Start your weekend out right with this High-Intensity Circuit Training class that will leave you BREATHELESS in only an hour!

TOTAL TRAINING

Looking for a workout that has it all? This 75-minute workout will take you through heart-pounding cycles, muscle toning, strength training, and flexibility movements. Get the total package with total training.

BOSU BLAST

Check out this interval style class that uses the bosu ball to focus on stability, balance, core and strength. Get ready to sweat in this quick 30 minute class!

POWER PILATES

Power Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis and alignment, breathing, developing a strong core and improving coordination and balance.

FIT FUSION

Fit Fusion combines typical compound functional fitness movements in a bootcamp-inspired format to help increase strength, endurance and core stability. Prepare to be challenged by your Coach, cheered on by other team members and to work hard. This class meets on the basketball court.

FLEXY

Stretching can be fun! This is not your average flexibility class. Flexy is a movement-based class designed to improve flexibility by emphasizing lengthening of the muscles and strengthening the core, all while jamming to good music!

CYCLE CORE

This class is an equal split of cycling and working on core strengthening and stabilization. It's the perfect combination!

*Check-in at our Front Desk **Also Available in Express ***Silver Sneakers – classes specially designed for people over 55.