



# WINTER 2019

## Group Fitness Schedule

Effective January 7, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00am Zumba Zach	5:15-6:00am Cycle Paige S.	5:15-6:00am Zumba Zach	5:15-6:00am Cycle Paige S.			
		7:15-7:45am Cycle Express Naomi				
8:00-9:00am Cycle Core Elizabeth	8:00-9:15am Total Training Bradley	8:00-8:45am Fit Fusion Paige M.	8:00-9:15am Total Training Bradley	8:00-9:00am Cycle Core Chelsey		
9:00-10:00am Insanity! Mikki		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 Rotation	
12:00-12:30pm Cycle Express Terah	12:00-12:30pm HIIT Express Terah	12:00-12:30pm Cycle Express Chelsey	12:00-12:30pm HIIT Express Terah	12:00-12:45pm Bosu Blast Jake		2:00-3:00pm Yogalates Chelsey
5:00-5:30pm Bosu Blast Jake	5:00-6:00pm Zumba Rocio	5:00-5:30pm Bosu Blast Jake	5:00-6:00pm Fit & Flex Cori			
5:30-6:30pm Power Pump Naomi	5:30-6:30pm Cycle Clare	5:30-6:30pm Power Pump Naomi	5:30-6:30pm Cycle Paige S.	5:30-6:15pm Family Zumba Alyssa		
6:30-7:30pm Zumba Nikki	6:00-7:00pm STRONG by Zumba Rocio	6:30-7:30pm Zumba Laura M	6:00-7:00pm Zumba Andy			
	7:00-8:00pm Power Pilates Chelsey		7:00-8:00pm Power Pilates Chelsey			



## CLASS DESCRIPTIONS

**If you ever have any questions about a class, please feel free to ask one of our friendly staff members for guidance on finding a class that is perfect for you and your fitness goals!**

### CYCLING

This class meets in our state of the art cycle studio! Our cycle workouts will improve your cardiovascular endurance all while burning massive calories and listening to great music! Go through a variety of terrains, intensities, and movements to take your fitness to the next level!

### INSANITY!

This cardio class, based on max interval training, will push you past your limits! Instructors combine athletic/plyometric drills with intervals of strength, power resistance and core training. No equipment or experience is needed!

### 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.

### 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.

### 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!

### 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!

### FIT AND FLEX

Weights and cardio come together to shape up and sculpt the whole body! This class finishes with core and flexibility work to leave you feeling strong, tight and balanced! This class is for all levels!

### 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!

### BOSU BLAST

This interval-style class uses the Bosu ball to focus on stability, balance, core and strength. Get ready to sweat!

### 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!

### 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.

### HIIT

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! Prepare to SWEAT!

### THRC MANIA

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

### 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 all while improving coordination and balance.

### CYCLE CORE

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