



SUMMER 2019 Group Fitness Schedule

(Effective June 3 - August 25)

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.			
8:00-8:55am 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	8:00-8:55am Cycle Core Chelsey	9:00-9:55am THRC Mania JD	
9:00-9:55am Cardio Barre Chelsey		8:00-8:55am Flexy Naomi			10:00-10:55am THRC Mania JD	
10:00-10:55am Yoga Jenna				10:00-10:55am Yoga Jenna	10:00-10:55am 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		2:00-2:55pm Yogalates Chelsey
5:30-6:25pm Bosu Blast Jake	5:30-6:25pm Power Pump Naomi	5:30-6:25pm Bosu Blast Jake	5:30-6:25pm Power Pump Naomi			
	5:30-6:25pm Cycle Clare		5:30-6:25pm Cycle Cori			
6:30-7:25pm Zumba Nikki	6:30-7:25pm Zumba Rocio	6:30-7:25pm Zumba Laura	6:30-7:25pm Pilates Chelsey			



BOSU BLAST

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

CARDIO BARRE

This fun, ballet-inspired low weight high rep class, will push you using small movements to sculpt and tone your entire body! No equipment or experience is needed!

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!

CYCLE CORE

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

FIT FUSION

This class 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!

FLEXY

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

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!

PILATES

Pilates class 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.

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.

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!

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.

YOGA

Improve your flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.

YOGALATES

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.

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.

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!

