

GROUP FITNESS SCHEDULE

BEGINS JANUARY 13TH, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:55AM CYCLE ZACH	8:00-9:15AM TOTAL TRAINING CORI	8:00-8:55AM FLEXY NAOMI	8:00-9:15AM TOTAL TRAINING BRAD	8:00-8:55AM BOSU BLAST BRENNA	8:15-9:00AM CYCLE 45 ROTATION
9:00-9:45AM SILVER AEROBICS NAOMI		9:00-9:45AM SILVER FIT BRENNA	9:00-9:45AM SILVER FIT HANNAH	9:00-9:45AM SILVER FLOW ALEAH	9:00-9:55AM THRC MANIA JD
10:00-10:55AM FLOW YOGA JENNA				10:00-10:45AM FLOW YOGA ALEAH	10:00-10:55AM ZUMBA ROTATION
12:00-12:45PM BOOTY BURN CELINDA	12:00-12:45PM POWER FIT JAX	12:30-1:00PM HIIT EXPRESS HANNAH	12:00-12:30PM RESTORE & RELEASE JAX		
5:00-5:25PM COMPLETE CORE HANNAH		5:00-5:25PM CYCLE EXPRESS NAOMI	5:00-5:25PM PILATES EXPRESS HANNAH		
5:30-6:25PM POGATA ALEAH	5:30-6:25PM ZUMBA JULIANA	5:30-6:25PM POWER PUMP NAOMI	5:30-6:25PM ZUMBA VEL		
6:30-7:25PM ZUMBA KARA	6:30-7:25PM FLOW YOGA ALEAH	6:30-7:15PM CORE & RESTORE JAX	6:30-7:25PM HIIT CELINDA		

Class schedules are subject to change. To ensure you have the latest details about class times and any modifications, we encourage all members to check the most current information on the THRC app.

BOOTY BURN

This targeted class zeroes in on your glutes with exercises designed to build strength, improve tone, and enhance lower-body endurance.

BOSU BLAST

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

COMPLETE CORE

Complete Core is a high-energy, 25-minute session designed to transform your core strength and overall stability.

CORE & RESTORE

Core & Restore blends core-focused exercises with restorative stretches to improve stability, flexibility, and balance

CYCLE

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!

FLEXY

Stretching can be fun! This is not your 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 good music!

FLOW YOGA

Flow Yoga emphasizes stretching, as well as strengthening, the whole body. This class takes you through a mindfulness and relaxation practice, deep stretches, and strength-based standing poses. This class is ideal for an active recovery day for the mind and body.

HIIT

HIIT (High-Intensity Interval Training) is a fast-paced, calorie-torching workout that alternates between intense bursts of exercise and short recovery periods designed to boost endurance, strength, and cardiovascular fitness. This class helps you maximize results in less time.

PILATES

This low-impact class focuses on controlled movements to build muscle tone, improve balance, and promote mind-body connection.

POGATA

Pogata combines the best of Tabata, POUND, and yoga into one dynamic class! Boost your heart rate with high-energy cardio, build strength with weight training, and enhance flexibility and mobility through yoga. This all-in-one workout is perfect for those seeking variety

POWER FIT

Power FIT combines functional movements with high-intensity intervals for a total-body workout. Build strength, improve endurance, and enhance overall fitness with this dynamic, results-driven class

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.

RESTORE & RELEASE

This is a 30-minute class focused on deep stretching and tension relief. Enhance flexibility, improve mobility, and leave feeling refreshed and restored.

SILVER CLASSES (AEROBICS, FIT, FLOW)

Stay active and connected with our Silver Classes, designed for members aged 55+. Enjoy cardio fun in Silver Aerobics, strength and balance in Silver Fit, or gentle relaxation with chair yoga in Silver Flow—all on the basketball court.

THRC MANIA

Start your weekend out right with this High-Intensity Circuit Training class that will leave you BREATHELESS in only an hour! This class meets on our basketball court

TOTAL TRAINING

Looking for a workout that has it all? This workout will take you through heart-pounding cycling, strength training, and flexibility movements.

ZUMBA

Zumba is a dance cardio workout, combining all elements of fitness including cardio, muscle conditioning, balance, and flexibility.