



Fall 2023 Group Fitness Schedule Begins August 21st, 2023

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 Cristina	8:00-8:55pm Bosu Blast Paul	8:15-9:00am Cycle 45 Rotation
9:00-9:55am Silver Fitness Hannah		9:00-9:55am Silver Dance Hannah		9:00-9:55am Silver Flow Leslie	9:00-9:55am THRC Mania JD
10:00-10:55am Power Yoga Jenna				10:00-10:55am Gentle Yoga Leslie	10:00-10:55am Zumba Rotation
5:00-5:25pm Complete Core Emily		5:00-5:25pm Cycle Express Cristina			
5:30-6:25pm Total Training Naomi	5:30-6:25pm Zumba Juliana	5:30-6:25pm Power Pump Naomi	5:30-6:25pm Zumba Gracie		
6:30-7:25pm Zumba Juliana	6:30-7:25pm Barre Cori	6:30-7:25pm Zumba Rocio	6:30-7:25pm Cycle 45 Cori		

BOSU BLAST

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

COMPLETE CORE

Looking to strengthen your core? Join us for a dynamic core-focused class designed to transform your core strength and overall stability. Our Complete Core class is a high-energy, 25-minute session that will leave you feeling empowered and energized

CYCLE

This class meets in our group fitness 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!

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!

BARRE

No experience needed! Barre is a workout inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-rep movements designed to strengthen your body while improving balance & flexibility.

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 workout will take you through heart-pounding cycling, strength training, and flexibility movements. Get the total package with total training.

POWER YOGA

Power Yoga focuses on building strength, flexibility, and endurance. It often involves a faster-paced series of poses and sequences, incorporating cardio and strength. Power yoga classes are suitable for individuals looking for a more intense style of yoga.

GENTLE YOGA

Gentle Yoga is slower-paced and relaxed. It emphasizes gentle movements, stretching, and deep breathing. It is designed to be accessible to people of all fitness levels, including beginners. Gentle yoga is great for individuals who want a more soothing and therapeutic experience.

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.