



WINTER/FALL Group Fitness Schedule Begins September 13th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:10am Zumba Vicky		5:15-6:10am Zumba Zach				
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	8:00-8:55pm Bosu Blast Paul	8:15-9:00am Cycle 45 Rotation	
9:00-9:55am Silver Fitness Erica		9:00-9:55am Silver Dance Erica			9:00-9:55am THRC Mania JD	
10:00-10:55am Yoga Fusion Mason				10:00-10:55am Yoga Fusion Courtney	10:00-10:55am Zumba Rotation	
		11:00-11:55am Breathe Dipo				
						2:00-2:55pm Mindfulness & Mobility Mason
5:30-6:25pm Total Training Naomi	5:30-6:25pm Zumba Gracie	5:30-6:25pm Balanced x Power Elicia	5:30-6:25pm Zumba Rotation			
6:30-7:25pm Zumba Rocio	6:30-7:25pm Power Pump Naomi	6:30-7:25pm Zumba Laura	6:30-7:25pm Toned 2-A-T Trisha			

BALANCE X POWER

This upbeat class challenges your core strength and stability while incorporating dumbbells and high-intensity cardio bursts for a major calorie-burn!

BOSU BLAST

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

BREATHE

Breathe is a breath and body-weight movement class focused on connecting & harmonizing mind, body, and breathe.

CYCLE

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!

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 good music!

MINDFULNESS & MOBILITY

Time to slow down and reset! This class focuses on mediation along with basic movements such as strength, flexibility, 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 BREATHELESS in only an hour!

TONED 2-A-T

Step out of your comfort zone with this functional fitness class that incorporates both cardio and strength training to maximize output for a lean physique!

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 FUSION

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.