

**HOLIDAY 2019 Group Fitness Schedule**

**(effective Dec 9-Jan 5)**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 5:15-6:00am  Zumba  Zach |  | 5:15-6:00am  Cycle  Zach |  | 5:15-6:00am  Zumba  Zach |  |  |
| 8:00-8:55am  Cycle Core  Elizabeth | 8:00-9:15am  Total Training  Cori | 8:00-8:45am  Fit Fusion  Paige M. | 8:00-9:15am  Total Training  Bradley | 8:00-8:55am  Power Sculpt  Jessica |  |  |
| 9:00-9:55am  Cardio Barre  Chelsey |  | 8:00-8:55am  Flexy  Naomi |  |  | 9:00-9:55am  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  Cori | 12:00-12:30pm  HIIT Express  Terah | 12:00-12:30pm  Cycle Express  Cori | 12:00-12:30pm  HIIT Express  Paige M. | 12:00-12:45pm  Bosu Express  Jake |  | 2:00-2:55pm  Yogalates  Chelsey |
| 4:30-5:15pm  Step  Courtney |  | 4:30-5:15pm  Midweek Mania  JD |  |  |  |  |
| 5:30-6:25pm  Bosu Blast  Jake | 5:30-6:25pm  Power Pump  Naomi | 5:30-6:25pm  Bosu Blast  Courtney | 5:30-6:25pm  Power Pump  Courtney |  |  |  |
|  | 5:30-6:25pm  Cycle  Clare |  | 5:30-6:25pm  Cycle  Cori |  |  |  |
| 6:30-7:25pm  Zumba  Erica | 6:30-7:25pm  Zumba  Rocio | 6:30-7:25pm  Zumba  Laura | 6:30-7:25pm  Power 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 s 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!

**POWER 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.

**POWER SCULPT**

This upbeat class challenges your core strength and stability while incorporating hand weights and high-intensity cardio bursts for a major calorie burn just in time for the weekend!

**STEP**

Using the studio step with a variety of heights available, you will be guided through several choreographed combinations that will give your heart the cardio boost it needs to stay healthy

and burn some calories. This is an energetic, fun way to get your workout in and not even realize how hard you are working!

**THRC MANIA/MID-WEEK 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! MID-WEEK MANIA is our weekday

version of this class and will take place upstairs in the Group Fitness room! We are so happy to offer this heart-pumping, calorie-torching class TWO days a week!

**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.

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