



Fall 2022 Group Fitness Schedule Begins August 22nd, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00am Zumba Rocio		5:15-6:00am 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 Silver Flow Lizzie	9:00-9:55am THRC Mania JD
10:00-10:55am Yoga Lizzie				10:00-10:55am Yoga Lizzie	10:00-10:55am Zumba Rotation
		12:00-12:55 pm Breathe Dipo			
		5:00-5:25pm Cycle Express Emily			
5:30-6:25pm Total Training Naomi	5:30-6:25pm Zumba Juliana	5:30-6:25pm Mat Pilates Ashley	5:30-6:25pm Zumba Gracie		
6:30-7:25pm Zumba Juliana	6:30-7:25pm Power Pump Naomi	6:30-7:25pm Zumba Rocio	6:30-7:25pm Bosu Blast Cori		

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!

MAT PILATES

Pilates Mat is performed on a mat on the floor and achieves results by using gravity and your body's own resistance — and sometimes small props, such as foam rollers, balls or weights.

MINDFULNESS & MOBILITY

Time to slow down and reset! This class focuses on meditation 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!

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.