



# Spring 2022 Group Fitness Schedule Begins January 24<sup>th</sup>, 2022

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	
		12:00-12:55 pm Breathe Dipo				
		5:00-5:25pm Cycle Express Naomi				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 Gracie			
6:30-7:25pm Zumba Rocio	6:30-7:25pm Power Pump Naomi	6:30-7:25pm Zumba Nikki	6:30-7:25pm Toned 2AT 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.