



## Spring 2023 Group Fitness Schedule Begins January 23rd, 2023

| MONDAY                                 | TUESDAY                                 | WEDNESDAY  | THURSDAY                              | FRIDAY                               | SATURDAY                            |
|--|---|--|---------------------------------------|--------------------------------------|-------------------------------------|
| 8:00-8:55am<br>Cycle<br>Zach           | 8:00-9:15am<br>Total Training<br>Cori   | 8:00-8:55am<br>Flexy<br>Naomi                        | 8:00-9:15am<br>Total Training<br>Brad | 8:00-8:55pm<br>Bosu Blast<br>Paul    | 8:15-9:00am<br>Cycle 45<br>Rotation |
| 9:00-9:55am<br>Silver Fitness<br>Erica |   | 9:00-9:55am<br>Silver Dance<br>Erica                 |                                       | 9:00-9:55am<br>Silver Flow<br>Lizzie | 9:00-9:55am<br>THRC Mania<br>JD     |
|  | 10:00-10:55am<br><br>Yoga<br><br>Lizzie |  |                                       | 10:00-10:55am<br>Yoga<br>Lizzie      | 10:00-10:55am<br>Zumba<br>Rotation  |
|  |   | 12:00-12:55 pm<br>Mobility Flow<br>(Breathe)<br>Dipo |                                       |                                      |                                     |
|  |   | 5:00-5:25pm<br>Cycle Express<br>Emily                |                                       |                                      |                                     |
| 5:30-6:25pm<br>Total Training<br>Naomi | 5:30-6:25pm<br>Zumba<br>Juliana         | 5:30-6:25pm<br>Power Pump<br>Naomi                   | 5:30-6:25pm<br>Zumba<br>Gracie        |                                      |                                     |
| 6:30-7:25pm<br>Zumba<br>Juliana        | 6:30-7:25pm<br>Mat Pilates<br>Ashley    | 6:30-7:25pm<br>Zumba<br>Rocio                        | 6:30-7:25pm<br>Bosu Blast<br>Sophie   |                                      |                                     |

**BOSU BLAST**

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

**MOBILITY FLOW ( BREATHE)**

Mobility Flow is a breath and body-weight movement class focused on increasing mobility and harmonizing mind, body, and breath.

**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 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.

**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 workout will take you through heart-pounding cycling, 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.

**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.