



## Summer 2024 Group Fitness Schedule Begins May 28th, 2024

| MONDAY                                 | TUESDAY                                | WEDNESDAY                                | THURSDAY                                  | FRIDAY                              | SATURDAY                            |
|--|--|--|---|-------------------------------------|-------------------------------------|
| 8:00-8:55am<br>Cycle<br>Zach           | 8:00-9:15am<br>Total Training<br>Naomi | 8:00-8:55am<br>Flexy<br>Naomi            | 8:00-9:15am<br>Total Training<br>Cristina | 8:00-8:55pm<br>Bosu Blast<br>Paul   | 8:15-9:00am<br>Cycle 45<br>Rotation |
| 9:00-9:55am<br>Silver Fit<br>Hannah    |  | 9:00-9:55am<br>Silver Dance<br>Hannah    |   | 9:00-9:55am<br>Silver Flow<br>Aleah | 9:00-9:55am<br>THRC Mania<br>JD     |
| 10:00-10:55am<br>Flow Yoga<br>Jenna    |  |  |   | 10:00-10:55am<br>Flow Yoga<br>Aleah | 10:00-10:55am<br>Zumba<br>Rotation  |
|  |  |  |   |                                     |                                     |
| 5:00-5:25pm<br>Complete Core<br>Hannah |  | 5:00-5:25pm<br>Cycle Express<br>Cristina | 5:00-5:25pm<br>Complete Core<br>Hannah    |                                     |                                     |
| 5:30-6:25pm<br>POUND<br>Aleah          | 5:30-6:25pm<br>Zumba<br>Juliana        | 5:30-6:25pm<br>Power Pump<br>Naomi       | 5:30-6:25pm<br>Zumba<br>Zuhemy            |                                     |                                     |
| 6:30-7:25pm<br>Zumba<br>Juliana        | 6:30-7:25pm<br>Flow Yoga<br>Aleah      | 6:30-7:25pm<br>Zumba<br>Rocio            | 6:30-7:25pm<br>Cycle 45<br>Julie          |                                     |                                     |

**Class schedules are subject to change. To ensure you have the latest details about class times, locations, and any modifications, we encourage all members to check the most current information on the THRC app.**

**BOSU BLAST**

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

**COMPLETE CORE**

Looking to strengthen your core? Join us for a dynamic core-focused class designed to transform your core strength and overall stability. Our Complete Core class is a high-energy, 25-minute session that will leave you feeling empowered and energized

**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 your 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!

**FLOW YOGA**

Flow Yoga emphasizes stretching, as well as strengthening, the whole body. It incorporates balancing and breathing techniques throughout a flow of poses. This class takes you through a mindfulness and relaxation practice, deep stretches, and strength-based standing poses. This class is ideal for an active recovery day for the mind and body.

**POUND**

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**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.

**SILVER DANCE**

Silver Dance is a vibrant and energetic cardio dance class tailored exclusively for members aged 55 and above! Join us on the basketball court for a unique fusion of fun and fitness, where our experienced instructors guide you through invigorating dance routines designed to elevate your heart rate and boost your overall well-being.

**SILVER FIT**

Silver Fit is our dynamic strength training class exclusively tailored for members aged 55 and above, taking place right on the basketball court! Join us for a rejuvenating fitness class that goes beyond just lifting weights. This class focuses on building and toning muscle, enhancing flexibility, and promoting overall strength and balance.

**SILVER FLOW**

Welcome to Silver Flow, a gentle and rejuvenating chair yoga experience designed exclusively for members aged 55 and above. Discover the serenity of mind-body harmony as you embark on a journey of relaxation and flexibility right from the comfort of your chair. This class meets on our basketball court.

**THRC 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! This class meets on our basketball court

**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.

**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.