



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
		5:00-5:25pm Cycle Express Naomi			
5:30-6:25pm Total Training Naomi	5:30-6:25pm Zumba Juliana	5:30-6:25pm Power Pump Naomi	5:30-6:25pm Zumba Gracie		
6:30-7:25pm Zumba Juliana	6:30-7:25pm Mat Pilates Ashley	6:30-7:25pm Zumba Rocio	6:30-7:25pm Bosu Blast Sophie		

**BOSU BLAST**

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

**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.