

GROUP FITNESS CLASSES

Train like a Champion.

MONDAY

5:30am Heather
Rise 'N' Grind 

7:00am Londa
Aqua HIIT 

9:00am Alissa
Barre 

9:00am Diane
Fit, Fun Water Aerobics 

10:30am Cristina
Zumba Fitness 

12:00pm Rebekah
Essentrics Stretch & Tone 

5:00pm Tyler
Yoga 101 

6:00pm Lindsay
High Fitness ★ 

6:00pm Debi
Spin 4 Life 

TUESDAY

5:30am Chad
Get Fit Boot Camp 

7:30am Leslie
Athletic Stretch 

9:30am Whitney
High Fitness 

5:30pm Rosy
Zumba Mix 

6:30pm Suzy
Yoga & Core 

WEDNESDAY

5:30am Heather
Rise 'N' Grind 

7:00am Londa
Aqua HIIT 

9:00am Ann
Zumba Fitness ★ 

9:00am Diane
Fit, Fun Water Aerobics 

10:00am Leslie
Vinyasa 

12:00pm Rebekah
Essentrics Stretch & Tone 

6:00pm Shelley
Barbell Fusion 

6:00pm Debi
Spin 4 Life 

THURSDAY

5:30am Chad
Get Fit Boot Camp 

7:30am Leslie
Athletic Stretch 

9:30am Whitney
High Fitness 

10:30am Cristina
Zumba Fitness 

5:30pm Rosy
Zumba Mix 

6:30pm Suzy
Yoga & Core 

FRIDAY

5:30am Heather
Rise 'N' Grind 

7:00am Londa
Aqua HIIT 

9:00am Diane
Fit, Fun Water Aerobics 

9:00am Lauren
Dance Fusion ★ 

10:00am Alissa
Barre 

5:00pm Tyler
Yoga 101 

6:00pm Nicole
Turbo Kick 

SATURDAY

8:30am Shelley
Barbell Fusion 

9:30am Ann
Zumba Fitness ★ 

9:30am Shelley
HIIT & Sculpt 

11:00am Leslie
Vinyasa 

★ Room change to fieldhouse
All classes are 50 minutes.
Effective Sturday, June 27, 2020





Class Descriptions

Athletic Stretch: Ready to cool down and gain mobility after an intense workout? Athletic Recovery is designed to stretch the body and allow the muscles to fully recovery after an intense bout of exercising. 🔥

Aqua HIIT: High intensity intervals of cardio and strength, with short periods of rest. This class will burn major calories and improve overall indurance. 🔥🔥🔥

Barre: Ballet-inspired moves incorporating cardio, dance, core, bands, exercise balls and light weights. 🔥🔥

Barbell Fusion: This class focuses on five major muscle groups using barbells and weights with cadrio blasts in between. 🔥🔥

Dance Fusion: This class is high energy cardio dance inspired by all genres of music. You'll get hip hop, rap, pop, latin and more all in one class! YOU will burn calories and time in this fun cardio dance class! 🔥🔥

Essentrics Stretch & Tone: A dynamic workout suitable for all fitness levels, combining stretching & strengthening, engaging every muscle & joint. This class will increase flexibility and mobility for a healthy, toned, and pain-free body. Incorporates standing, mat & barre work. 🔥

Fit, Fun Water Aerobics: Participants will work at their own pace and intensity during the warm-up, cardio and cool-down in both shallow and deep water. 🔥

Get Fit Boot Camp: This circuit boot camp gives you the results of a traditional 60-minute gym session in one 30-minute class. 🔥🔥🔥

High Fitness: A hardcore, fun fitness class that emphasizes interval training using music you love and easy-to-follow choreography. 🔥🔥

HIIT & Sculpt: High Intensity focused workout geared to build and shape lean muscle while increasing metabolic rate and burn calories. 🔥🔥

Metabolic Muscle: This class offers a high-intensity workout that will increase your heart rate and burn fat through complex, full-body movements. 🔥🔥🔥

Rise 'N' Grind: Using a mix of strength training and short bursts of cardio, this small group training for all levels of fitness will get you burning calories to start your day strong. 🔥🔥

Spin 4 Life: An invigorating class that will increase your lower body strength cand cardiovascular endurance while burning calories. This intense class has something for everyone - interval drills, hills, flats, and sprints - in a room with motivating music and stat-of-the-art spinning equipment. 🔥🔥

Turbo Kick: A cardio kickboxing dance class that tones muscles and torches fat. Punch through to the next level of your personal fitness journey while jamming to music! 🔥🔥

Vinyasa: Energetic form of yoga where students move fluidly from one pose to the next while connecting their breathing to their movements. 🔥🔥

Yoga 101: Basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. 🔥

Yoga & Core: This all-levels Hatha/Vinyasa yoga class focuses on strength and flexibility in the body's core (shoulders to hips). Traditional yoga poses and flows seek to improve overall strength, flexibility, balance and coordination. Additional benefits may include a feeling of renewal, enhanced mental focus and energy boosts. 🔥

Yogalates: Blend of Pilates and vinyasa flow yoga incorporating core, strength and flexibility exercises. 🔥🔥

Zumba Fitness: Dance focused workout sparked from the roots of Latin music, while combining resistance and body-weight movements that will melt away fat and burn calories. 🔥🔥

Zumba Mix: Ready to mix it up, burn calories and dance it out!? Come try this aerobic and resistance focused workout guaranteed to tone your body! 🔥🔥



Intensity Level