

GROUP FITNESS SCHEDULE

Thanksgiving Week

MORNING CLASSES

Effective November 20-26, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RISE N GRIND with Heather 5:30am	STRENGTH HIIT with Keigan 5:30am	RISE N GRIND with Heather 5:30am	<p>CLOSED</p> <p>Happy Thanksgiving!</p>	RISE N GRIND with Heather 7:30am	BARBELL FUSION with Shelley 8:30am
AQUA HIIT with Londa 7:00am	STRETCH & RECOVER with Leslie 7:30am	AQUA HIIT with Londa 7:00am		SPIN 4 LIFE with Debi 8:00am	ZUMBA FITNESS with Ann 9:30am
SPIN 4 LIFE with Debi 8:00am	YOGA FLOW & GO with Suzy 8:30am	SPIN 4 LIFE with Debi 8:00am		POWER AQUA with Londa 8:00am	HIIT & SCULPT with Shelley 9:30am
POWER AQUA with Londa 8:30am	WATER WORKS PLUS with Linda 8:30am	WATER WORKS PLUS with Linda 8:30am		<p>BLACK FRIDAY TURKEY BURNER Burn off those holiday calories with us!</p>	
BARRE with Alissa 9:00am	BODY TONE DEMO with Ann 9:30am	ZUMBA FITNESS with Ann 9:00am		<p>CARDIO BLAST 9:00am</p>	
SCULPT DEMO with Swapna 9:30am	QUEENAX FIT with Heather 9:30am	SCULPT DEMO with Swapna 9:30am		<p>STRENGTH BOOTCAMP 9:45am</p>	
ZUMBA FITNESS with Cristina 10:30am				<p>HIIT CARDIO 10:30am</p>	
ESSETRICS STRETCH & TONE with Rebekah 12:00pm				<p>PIYO 11:15am</p>	

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY
YOGA 101 with Jennifer 5:00pm	ZUMBA MIX with Rosy 5:30pm	PILATES with Devon 5:00pm
TABATA *30 min. Class with Keigan 4:30/5:00/5:30pm	SPINERVALS with Londa 5:00pm	TABATA *30 min. Class with Keigan 4:30/5:00/5:30pm
BUILD & BURN with Keigan 6:00pm	METABOLIC MUSCLE with Londa 6:00pm	BARBELL FUSION with Devon 6:00pm
		BUILD & BURN with Keigan 6:00pm



CLASS DESCRIPTIONS



LOW INTENSITY

- 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.
- Stretch & Recover** Whether you're focusing on post-workout stretching to an active recovery day, this full body stretch class mobilizes and lengthens the body to assist in your overall recovery. With the utilization of a foam roller and deep stretching, this class is suited for everyone. Come get mobile!
- Vinyasa** Energetic form of yoga where students move fluidly from one pose to the next while connecting their breathing to their movements.

MEDIUM INTENSITY

- 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 cardio blasts in between.
- High Fitness** A hardcore, fun fitness class that emphasizes interval training using music you love and easy-to-follow choreography.
- High Low** A throwback to the old school days of Hi Lo Aerobics, HIGH Low brings the same energy, intensity, and effectiveness for a HIGH Fitness class with the lower impact.
- HIIT & Sculpt** High Intensity focused workout geared to build and shape lean muscle while increasing metabolic rate and burn calories.
- Mat Pilates** Strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs, helping to build a strong, balanced body and increasing flexibility.
- PiYo** Mix of Pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility. This total-body workout is designed to strengthen small muscles (triceps, shoulders, biceps, calves) and large muscles (hamstrings, back, chest).
- Power Aqua** A higher impact workout focused on improving power and endurance with circuit training.
- 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.
- Simply Strength** Simply strength is a full body strength workout. It uses a combination of equipment (bars, dumbbells, tubing, yoga blocks) and bodyweight to help build muscle and melt away fat. Every major muscle group is worked to help improve strength and balance.
- Spin 4 Life** An invigorating class that will increase your lower body strength and cardiovascular endurance while burning calories. This intense class has something for everyone - interval drills, hills, flats, and sprints - in a room with motivation music and state-of-the-art spinning equipment.
- Spinervals** Spinervals is a high intensity interval training class that combines cycle, core, and strength moves to improve endurance, mobility, flexibility, and strength. This class will get your heart pumping all while burning maximum calories!
- Step** Switch up your cardio workout with STEP! With an adjustable step platform, this high-energy class aims to help increase endurance and body toning. Step it up and down, over and around, to the sound of your favorite beats in this fast-paced session.
- TRX Total Body** Full body strength focused workout utilizing the TRX system. Each class will develop strength, balance, flexibility, and core stability simultaneously.
- Water Works Plus** Each class will offer a different variety of workouts including Aqua Tabata, Aqua Pilates, H2O Fit, and Planking with Strength Training. Core, and Cardio incorporated into each class. Water = more resistance with less impact on joints, all while having fun!
- Yoga 101** Basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body.
- Yoga Flow & Go** This full body class will strengthen and stretch you in a peaceful space, while providing an ambiance designed to keep you moving. Leave the class ready to take on your day with a renewed mind, body and spirit.
- 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!

HIGH INTENSITY

- Aqua HIIT** High intensity intervals of cardio and strength, with short periods of rest. This class will burn major calories and improve overall endurance.
- Build & Burn** Bootcamp-style workout that puts an emphasis on metabolic conditioning and functional style weight training. This 50-minute class will leave you stronger, leaner, and more athletic than ever before!
- Glutes & Core** This class is a quick, no fuss, high energy muscle conditioning class that tones and shapes your hips, thighs, glutes, and abs! Exercises target and tone your entire core and lower body. A fun and stress-relieving way to burn off calories!
- Metabolic Muscle** This high-intensity metabolic conditioning workout challenges both your mind and your muscle. Lift, jump, push, pull as you melt away the pounds and sculpt a lean athletic physique.
- Queenax Fit** Ready to take your functional fitness to the next level!? Utilizing the Queenax specialized unit, get ready for this full body toning experience which can be performed per station, circuit style or in groups!
- Strength HIIT** Strength HIIT is a muscle building and conditioning class focusing on improving cardiovascular endurance, increase athleticism and building strength. Classes will focus on the utilization of dumbbells, resistance bands, and body weight to sculpt and define, while challenging your overall muscular endurance.
- Tabata** Test your limits with this 30 min, high intensity, all out Tabata class. Tabata interval training is one of the most effective types of HIIT. With a variety of simple, yet intense exercises, each class will focus on burning calories, building endurance, and hammering your strength in the most time effective format that we offer. Whether your goal is muscle tone, weight loss, or both, this class is for you!
- Total Body** A full body workout that involves cardio to burn fat and calories and resistance training to sculpt muscles and build a strong core. This class utilizes steps along with hand weights, resistance bands, bars, and various pieces of equipment to challenge the body and deliver a fun effective total body workout.