

GROUP FITNESS SCHEDULE

MARCH 20TH - APRIL 21ST



MONDAY

Time	Class	Instructor	Location
12:00-1:00pm	Spin/Sculpt	Lindsay	Spin Room
5:30-6:30pm	Spin	Amanda	Spin Room
5:30-6:30pm	Zumba®	Kailee	Small GX Room
5:30-6:30pm	BODYPUMP™	Ashley W	Large GX Room
6:45-7:45pm	Spin	Brianna	Spin Room
6:45-7:45pm	Rock Bottom	Tari	Small GX Room
6:45-7:45pm	Yoga	Jenny S	Large GX Room

TUESDAY

Time	Class	Instructor	Location
6:30-7:30am	Spin	Gennifer	Spin Room
6:30-7:30am	AM Mayhem	Bradley	Small GX Room
6:30-7:30am	BODYPUMP™	Tari	Large GX Room
4:15-5:15pm	Yoga	Jamie	Small GX Room
5:30-6:30pm	Spin	Rachel	Spin Room
5:30-6:30pm	Fitness 50+	Jamie	Small GX Room
5:30-6:30pm	Zumba®	Alissa	Large GX Room
5:30-6:30pm	Aquafit	Pam	Pool
6:45-7:45pm	Zumba®	Lisa	Small GX Room
6:45-7:45pm	BODYPUMP™	Gennifer	Large GX Room
8:00-9:00pm	Night Owl Yoga	Sarah	Large GX Room

WEDNESDAY

Time	Class	Instructor	Location
6:30-7:30am	BODYPUMP™	Gennifer	Large GX Room
12:15-12:50pm	Stretch/Flex	Betty	Small GX Room
12:15-1:15pm	BODYPUMP™	Scarlett	Large GX Room
4:15-5:15pm	Cardio & Core	Tari	Small GX Room
5:30-6:30pm	Spin	Amanda	Spin Room
5:30-6:30pm	Pilates	Jenny H	Small GX Room
5:30-6:30pm	Kettlebells	Bradley	Large GX Room
6:45-7:45pm	Zumba®	Lisa	Small GX Room
6:45-7:45pm	BOYDPUMP™	Ashley W	Large GX Room
8:00-9:00pm	Meditation Yoga	Laura	Large GX Room

THURSDAY

Time	Class	Instructor	Location
6:30-7:30am	BODYPUMP™	Tari	Large GX Room
5:30-6:30pm	Spin/Sculpt	Brianna	Spin Room
5:30-6:30pm	BODYPUMP™	Gennifer	Large GX Room
5:30-6:30pm	Aquafit	Taylor	Pool
6:45-7:45pm	Beast Body	Bradley	Small GX Room
6:45-7:45pm	Yoga	Laura	Large GX Room
8:00-9:00pm	Night Owl Yoga	Sarah	Large GX Room

FRIDAY

Time	Class	Instructor	Location
12:15-1:15pm	BODYPUMP™	Scarlett	Large GX Room



CLASS DESCRIPTIONS

CARDIO

Aquafit: A class for everyone, especially for those with joint ailments or injuries. Get fit with this challenging water workout. After a gentle warm-up, you'll ease into the exercises using your own body weight and water resistance dumbbells. These 50 minutes of water fun will have you splashing your way to improved strength.

Cardio & Core: A total body workout that utilizes resistance equipment as well as body weight exercises to burn calories and burning the core!

Fitness 50+: A class designed for participants 50 and over to tone your body while getting a cardio workout while staying low impact.

Spin: Come enjoy the ride. Whether you're training for a triathlon or riding for cardiovascular health, this class will get you there. Feel the energy from those that surround you as everyone endures the terrain.

Spin/Sculpt: A fun combination of a spin class along with a full body workout. Come and break a sweat, while toning your muscles.

DANCE

Zumba®: Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

MIND/BODY

Night Owl Yoga: For those that like to calm and relax their mind after a hectic day. Come to strengthen and stretch your mind and body. Move through different poses while focusing on your breathing.

Pilates: Flow through a series of dynamic movements that restore balanced core muscles of the lower back and abdominals.

Stretch/Flex: A short session that focuses on flexibility to loosen up the muscles of your body from head to toe.

Yoga: Experience yoga bliss as you gently strengthen and stretch your mind and body. Allow yourself to relax into the moment with breathing and posture exercises.

Meditation Yoga: A gentle yoga class focusing on stretching, relaxing and mediation. Leave feeling refreshed, restored and renewed.

STRENGTH

BODYPUMP™: Use light weights with high reps to give yourself a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles.

AM Mayhem: An early morning workout that is guaranteed to increase the heart rate to burn calories, tone & tighten the muscles. You will be utilizing different equipment plus body weight exercises.

Beast Body: If you are looking for a workout class that is created to build muscle, burn fat and get the body of a beast then this is the class for you. It is one created to build a stronger and better you. Join in for a killer, full-body workout!

KettleBells: A high intensity, total body workout, using kettlebells along with small bouts of cardio exercises. You will love the atmosphere as well as the results you will get by returning each week.

Rock Bottom: Increase endurance in strength in your lower body as well as your core. Working through bodyweight exercises as well as weighted exercises will help you reach