

JULY 2022 Group Fitness Schedule

Effective JULY 1ST

Please allow participants to exit room before entering for next class

| TIME | MON | TUES | WED | THURS | FRI | SAT |
|----------|---|---|---|---|---|---|
| 6:00 am | BodyPump(AR) 5:40am | **Body Pump (AR) VIRTUAL | BODYCOMBAT (AR) 30min. | **Body Pump (AR) VIRTUAL | BodyPump(AR) 5:40am | |
| 7:00am | Les Mills Virtual Body Pump (AR)(6:30) | Body Balance(AR) VIRTUAL | Les Mills Virtual Body Pump (AR)(6:30) | Body Balance(AR) VIRTUAL | Les Mills Virtual Body Pump (AR)(6:30) | |
| 8:00 am | TURBO-SPIN(CR) DEE V ----- BODYSTEP (AR) VIRTUAL (7:45) | Turbo-Spin(CR) JOLENE ----- Gentle Yoga (AR) Denise C. ----- ZUMBA(8:30) LISA(GYM) | TURBO-SPIN(CR) DEE V ----- BODYCOMBAT (AR) LAURIE(7:45) | Turbo-Spin(CR) JOLENE ---- Gentle Yoga (AR) Denise C. ----- ZUMBA(8:30) LISA(GYM) | TURBO-SPIN(CR) DEE V ----- BODYSTEP(AR) VIRTUAL(7:45) | **Body Pump (AR) VIRTUAL |
| 9:30 am | 20/20/20 Stephanie(GYM) 9AM ----- Body Pump(9am) (AR) VIRTUAL | Groove It!! (GYM) Megan ----- HIIT&FLO(AR) Stephanie (9AM) | Express HIIT Ann (GYM) ----- Body Pump(9am) (AR) VIRTUAL | Groove It!! (GYM) Megan ----- HIIT&FLO(AR) Stephanie (9AM) | 20/20/20 Stephanie (GYM) 9AM ----- Body Pump (9am)(AR) VIRTUAL ----- TURBO-SPIN Jenny (9:15am) | BODYCOMBAT LAURIE(AR) (9AM) |
| 10:30 am | ZUMBA (10AM) KRISTI (GYM) ----- MAX BURN (AR) Denise C.(10AM) | FLOW YOGA (AR) MEGAN ----- Spin(10am) Denise C. (CR) | ZUMBA (10:15AM) KRISTI (GYM) ----- MAX BURN(AR) Denise C.(10AM) | Strength & Cardio Intervals (GYM) MEGAN ----- BODYCOMBAT LAURIE(AR)(10am) ----- Spin(10am) Denise C. (CR) | PILATES (AR) Denise C.(10AM) | ZUMBA (GYM) MATT 10am ----- Gentle Yoga(AR) Marc 10am |
| 11:00 am | Stretch & Restore Esmeralda(AR) | Chair-Fitness Cindy(AR)(11:30) | | Chair-Fitness Cindy(AR)(11:30) | Stretch & Restore Stephanie(AR) | Gentle Yoga(AR) Marc 11am |
| 12:00 pm | 12:15pm Virtual Body Pump | <i>12:30pm</i> CORE & Stretch CINDY | 12:15pm Virtual Body Pump | <i>12:30pm</i> CORE & Stretch CINDY | 12:15pm Virtual Body Pump | |
| 4:00 pm | | FIT-KIDS (AR) Stephanie | TURBO-SPIN(CR) JENNY(4:30PM) | FIT-KIDS (AR) Stephanie | | |
| 5:30 pm | CHISEL & BURN (AR) ESMERALDA | Body Pump (AR) ANN | CHISEL & BURN (AR) ESMERALDA | Body Pump (AR) ANN | <p>PLEASE NOTE All Fitness Classes are 50 Minutes *Class schedule is subject to change without notice CLASS LOCATION GYM=Gymnasium AR=Aerobics Room CR=Class Room</p> | |
| 6:30 pm | Stretch & Restore (AR) Esmeralda | ZUMBA EXPRESS 30min Class MIA(AR) | Stretch & Restore (AR) Esmeralda | BodyCombat Virtual(AR) | | |

Group Fitness Class Descriptions

Body Pump: Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music. *Participants should bring their own mat. **NEW students should arrive 5-10 min. before class for brief instruction on movements & technique.*

BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.

BODYCOMBAT – high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Chair Fitness: Non-impact, chair-based work out that includes exercises to improve muscular strength, range of motion, balance and flexibility movements. Some standing exercises will be introduced.

CHISEL & BURN: This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercises, bodyweight exercises and finishes with core training and stretching for a complete workout. All-Levels.. All fitness levels.

CORE & Stretch: CORE and Stretch interval combined with a variety of fitness modalities, awesome class for all fitness levels. *Please Bring a Mat.*

FIT-KIDS: Classes are designed for kids 8-12 years old. This is a group Fitness class just for kids! Participants learn a variety of new exercises and activities to build their muscular strength and cardiovascular endurance. *(45min Class)*

HIIT&FLO: Weight training / Cardio / Core/ Strength/ Stability/ Flexibility. HIIT style training combined with stretching & flexibility. *Please bring a mat.*

Flow Yoga- Explore conscious ways to move and feel better about your body, this class targets the entire body through strengthening exercises and yoga postures. *Participants should bring a mat.*

Gentle Yoga: Restore, Revitalize, & Renew your mind and body while you ease into poses to release stress, strengthen your "Core" and increase bone density. Great for all levels of fitness. *Participants should bring their own mat.*

Groove It! Take it to the dance floor and burn 300-500 calories with easy to learn and easy to follow dance moves. No experience required for this cardio exercise dance class designed for all fitness levels. Come for the tunes, stay for the fun!

20/20/20: A fusion of Kickboxing and Core Intervals. Burns calories and firms the midsection.

Express HIIT: (30 minutes) of High Intensity Interval Training (HIIT) to yield the most benefits in a short amount of time. Cardio and strength exercises followed by core conditioning. *Participants should bring their own mat.*

Les Mills Virtual Body Pump- LES MILLS™ Virtual workouts combine world-leading fitness programs with pumping sound and motivation from some of the Hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results.

Les Mills Virtual BodyBalance – Flow yoga style class. Please bring a mat.

MAX BURN - Utilizing dumbbells, bars, plates, bands, and bodyweight. Max Burn will improve your muscular strength and endurance while reshaping your body. You will be burning fat as you see your body composition change. Bring a mat.

Pilates- a system of exercises typically performed on a floor mat designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

SPIN - group indoor cycling workout where you control the intensity. It's a fun low impact calorie burning journey. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

Strength and Cardio Intervals: Build a strong, functional body with combination strength training and cardio workout. Smart, varied training designed to work all muscle groups. Lift and sweat to a better you.

Stretch & Restore: Restore, Revitalize, & renew your mind and body while you ease into poses to release stress, strengthen your "Core" and increase bone density. Great for all levels of fitness. *Participants should bring their own mat.*

Turbo-Spin: this class targets the large muscle groups (calves, hamstrings and thighs) in your legs to shape up fast, whilst strengthening the abdominal muscles, necessary to maintain your upper body rhythm.

Zumba: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.