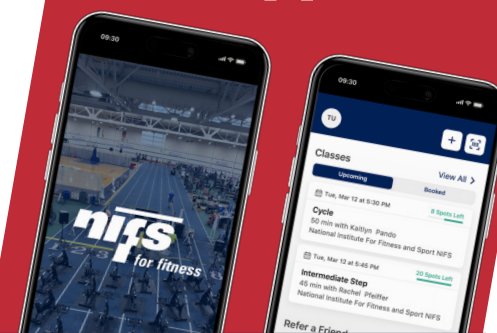


GROUP FITNESS SCHEDULE

JANUARY

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NIFS App Today!



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|--|---|
| MORNING | | 6-6:45a BOXING with Jeni Boxing Area | | | | |
| | 10-11a AGING ATHLETE with Rick Group Fitness Studio | 9-10a GIRLS JUST WANNA HAVE FUN with Kennedy Auxiliary Court | 10-11a AGING ATHLETE with Rick Group Fitness Studio | 9-10a GIRLS JUST WANNA HAVE FUN with Kennedy Auxiliary Court | 10-11a AGING ATHLETE with Rick Group Fitness Studio | 9:30-10a EXTREME CORE with Rachel P. Auxiliary Court |
| | | 11-11:45a BOXING with Jeni Boxing Area | NEW CLASS 11-11:45a BOXING with Jeni Boxing Area | 11-11:45a BOXING with Jeni Boxing Area | | 10-11a CYCLING with Steven Cycle Area |
| AFTERNOON | 12-1p KETTLEBELL FUND. with Rick Track Desk | 12-12:30p TABATA with Kennedy Auxiliary Court | 12-1p KETTLEBELL FUND. with Rick Track Desk | 12-12:30p TABATA with Rachel P. Auxiliary Court | 12-1p BARRE FUSION with Rachel P. Auxiliary Court | |
| | 12-1p TOTAL BODY STRENGTH with Jill Auxiliary Court | 12:30-12:45p CORE AND MORE with Kennedy Auxiliary Court | 12-1p TOTAL BODY STRENGTH with Jill Auxiliary Court | 12:30-12:45p CORE AND MORE with Rachel P. Auxiliary Court | | |
| | 12-1p VINYASA YOGA with Grace Group Fitness Studio | | 12-1p YOGA STRN/RESTR with Grace Group Fitness Studio | | | |
| | | NEW TIME 3-3:45p HIP-HOP DANCE with Rachael S. Group Fitness Studio | | 1-1:30p FUND. STRETCHING with Shelby Group Fitness Studio | 1:15-1:45p EXPRESS YOGA with Grace Group Fitness Studio | |
| | | 4:30-5:30p MAT PILATES with Rachael G. Group Fitness Studio | | 4:30-5:30p MAT PILATES with Rachael G. Group Fitness Studio | 4-5p TOTAL BODY STRENGTH with Jill Auxiliary Court | |
| | 5:45-6:30p TRX with Brad TRX/Boxing Area | 5:30-6:30p CYCLING with Steven Cycle Area | 5:45-6:45p PILATES FUSION with Rachel P. Auxiliary Court | | | |
| | 6-7p BOOT CAMP with Steven Sprint Lanes | 5:45-6:30p STEP (Intermed.) with Rachel P. Auxiliary Court | 6-7p BOOT CAMP with Steven Sprint Lanes | | | |
| 6-7p RESTORATIVE YOGA with Grace Group Fitness Studio | | 6-7p VINYASA YOGA with Grace Group Fitness Studio | 6-7p VINYASA FLOW with Caroline Group Fitness Studio | | | |
| | | | | | <p>NIFS POWER LIFTING A FREE 6-week training program! Unlock Your Potential! Get Stronger, Faster and More Explosive.</p> <p>BEGINS JAN. 20</p> | |

GROUP FITNESS KEY



Cardio



Core



Strength



Mind/Body



Cycle

*WP - Weather Permitting



National Institute
for Fitness and Sport

CLASS DESCRIPTIONS

Aging Athlete (60 min.)

This class is geared for ages 40+. You will work to improve joint mobility and range of motion as well as overall strength and conditioning which are key to performing normal daily activities.

Barre Fusion (60 min.)

Barre workouts are a fusion of yoga, Pilates, strength training, and core. Barre classes incorporate movement patterns to the beat of the music that target all muscle groups. Barre is a fun way to help improve strength, balance, flexibility and posture.

Boot Camp (60 min.)

A boot camp style workout with medium intensity using dumbbells, kettle bells and other bodyweight exercises to get your heart rate up and muscles pumping.

Boxing (45 min.)

Want to learn the fundamentals of boxing or just get some great fitness in? Jeni is a level 2 BNBA certified Boxing Coach and will help take your fitness to the next level. Boxing is a great cardio workout and helps to decrease stress. All levels welcome.

Circuit Training (30 min.)

Circuit training is an efficient, well-rounded workout for the time-crunched athlete. You'll have a calorie-burning workout with stations training cardio, strength, and power.

Core and More (15 min.)

A quick and effective 15-minute workout designed to build core strength, balance, and improve posture by focusing on building strong abdominal & back muscles.

Cycling (60 min.)

This high-energy cardiovascular workout uses various performance levels and speeds to get you cycle fit.

Extreme Core (30 min.)

Take your core strength to the extreme using Body Bars and other weighted equipment.

Fundamental Stretching (30 min.)

Fundamental stretching focused on body awareness and understanding proper positioning and different muscle groups. This class is designed to help improve flexibility, reduce muscle tension, and promote overall wellbeing.

Girls Just Wanna Have Fun (60 min.)

Putting the FUN in Functional: A female-focused functional fitness class designed to introduce weightlifting, improve form, teach proper body mechanics and build strength. Whether you are new to weightlifting or getting back to it, join us in an INVITING environment to have some FUN!

Hip-Hop Dance (45 min.)

Never get bored in this super high-energy, cardio-intense, calorie-blasting dance class. In this high intensity, follow along, dance class you will burn calories and tone while having a blast. This class will feel more like a party than a workout. All levels welcome.

Kettlebell Fundamentals (60 min.)

Learn the fundamental movements for full-body strength and mobility from a Certified Master KB Trainer - from one arm swings to the goblet squat, it's a challenging and fun workout! All fitness and experience levels welcome!

Mat Pilates (60 min.) A high-intensity, low-impact workout that combines Pilates principles with interval training, often incorporating weights and resistance bands. The class focuses on core strength, muscle toning, balance, and flexibility, providing a challenging full-body workout suitable for all fitness levels.

Pilates Fusion (60 min.)

Improve your posture, balance, core strength and flexibility with the mind/body workout that adds length to your muscles and fine-tunes your strength. You'll get stronger from the inside out!

Power Flow (60 min.)

Utilizing breath and movement to build heat and strength in the body, the flow will create a fluid sequence of poses to challenge and increase your stamina while deepening the asanas practiced.

Restorative Yoga (60 min.)

Relax, unwind, and restore your mind and body at Restorative Yoga. Namaste.

Step - Intermediate (45 min.)

Keep your heart pumping with this cardio workout using the step. Intermediate choreography provides serious leg training and fun!

Tabata (30 min.)

Tabata Training is a High Intensity Interval Training (H.I.I.T) workout that has four minute rounds. Exercises range from Strength, Cardio, and Plyometric moves. Get geared up for an awesome workout!

Total Body Strength (60 min.)

Strength training that is focused on endurance by lifting light to moderate weight for higher reps. Challenge every major muscle group in this low impact strength class for beginners to advanced participants.

TRX (45 min.)

A revolutionary total-body fitness program that uses gravity against your own body weight to simultaneously develop strength, balance, flexibility, and core stability.

Vinyasa Yoga (60 min.)

Join us for this 60 minute class of moving, breathing and practicing in the present moment. With a different theme each week, each class incorporates traditional standing, balancing and seated yoga postures in a fun, flowing, and creative way. Modifications are offered as this is an all-levels-welcome environment. You will leave this class feeling a little lighter than when you came in. All you need is a mat and your positive attitude. Touching your toes is not a requirement.

Vinyasa Flow (60 min.)

This class is designed for beginners through intermediate students. In this Yoga Flow class you will synchronize breath with movement. You'll be guided through postures in a Yoga Flow style, beginning with the basic poses, but allowing for more challenging poses based on your practice. In a Yoga Flow class, students awaken their strength, energy, and flexibility in a fun atmosphere.

Yoga Strength and Restore (60 min.)

Welcome to your workout... and "work in"!! This 60 minute class combines 30 min full body strength using weights, resistance bands and body weight to tone and sculpt, followed by 30 min of traditional yoga poses to refresh, recharge and restore - your perfect balance of mind and body in a welcoming environment.

Yoga Express (30 min.)

Pause and reset your day with this time efficient 30 min class!! With the support of bolsters and yoga blocks, we allow space to find stress reduction and relaxation by settling in a little deeper and longer in yoga poses. Make this time for you.

Total Body Strength (60 min.)

Strength training that focuses on endurance by lifting light to moderate weight for higher reps. Challenge every major muscle group in this low impact strength class for beginners to advanced participants.