

GROUP FITNESS SCHEDULE MARCH



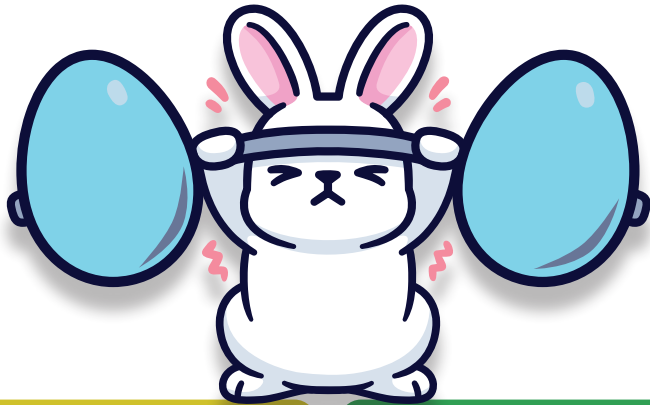
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MORNING

AFTERNOON

EVENING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7a FUND. STRETCHING with Shelby Auxiliary Court	6-6:45a BOXING with Jeni Boxing Area	6:30-7a FUND. STRETCHING with Shelby Auxiliary Court			9-10a VINYASA YOGA with Julie Group Fitness Studio
					9:30-10a EXTREME CORE with Rachel P. Auxiliary Court
10-11a AGING ATHLETE with Rick Group Fitness Studio	11-11:45a BOXING with Jeni Boxing Area	10-11a AGING ATHLETE with Rick Group Fitness Studio	11-11:45a BOXING with Jeni Boxing Area	10-11a AGING ATHLETE with Rick Group Fitness Studio	10-11a CYCLING with Steven Cycle Area
12-1p KETTLEBELL FUND. with Rick Track Desk	12-12:30p WORKOUT OF THE DAY with Deveon Track Desk	12-1p KETTLEBELL FUND. with Rick Track Desk	12-12:45p BOXING with Jeni Boxing Area	12-1p BARRE FUSION with Rachel P. Auxiliary Court	
12-1p BODYPUMP™ with Jill Auxiliary Court	12-12:30p TABATA with Kaitlyn Auxiliary Court	12-1p BODYPUMP™ with Jill Auxiliary Court	12-12:30p TABATA with Rachel P. Auxiliary Court		
12-1p VINYASA YOGA with Grace Group Fitness Studio	12:30-12:45p CORE AND MORE with Kaitlyn Auxiliary Court	12-1p YOGA STRN/RESTR with Grace Group Fitness Studio	12:30-12:45p CORE AND MORE with Rachel P. Auxiliary Court	1:15-1:45p EXPRESS YOGA with Grace Group Fitness Studio	
			1-1:30p FUND. STRETCHING with Chris M. Auxiliary Court	4-5p BODYPUMP™ with Jill Auxiliary Court	
5:30-6p LES MILLS CORE™ with Paula Auxiliary Court					
6-7p RESTORATIVE YOGA with Grace Group Fitness Studio			4-4:45p BOXING with Jeni Boxing Area		
6-7p BOOT CAMP with Steven Sprint Lanes					
6:30-7:30p BODYPUMP™ with Paula Auxiliary Court					
	5:30-6:30p CYCLING with Kaitlyn Cycle area	5:45-6:45p PILATES FUSION with Rachel P. Auxiliary Court			
	5:45-6:30p STEP (Intermed.) with Rachel P. Auxiliary Court	6-7p BOOT CAMP with Steven Sprint Lanes			
	6:45-7:15p FUND. STRETCHING with Chris M. Auxiliary Court	6-7p VINYASA YOGA with Grace Group Fitness Studio	6-7p VINYASA FLOW with Caroline Group Fitness Studio		

GROUP FITNESS KEY



nifs
for fitness
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.

BODYPUMP™ (60 min.)

The original barbell workout that strengthens and tones your entire body. Scientifically proven to be the fastest way to lose body fat, you'll use low weight loads and high repetitions to burn fat, gain strength and quickly produce lean muscle mass.

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.

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!

Les Mills CORE™ (30 min.)

This class will help strengthen your core and glutes. Put it in your workout schedule 2-3 times per week and you'll be doing laundry on your abs in no time. Heavy lifting is not recommended after LM CORE due to core fatigue, so if you are doing strength training, add this in at the end of your workout.

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!

Restorative Yoga (60 min.)

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

RPM™ (50 min.)

Ride it like you stole it! Take on the terrain with hills, flats, mountain peaks and time trials with this ultimate interval training cycle class. Driven by powerful music, you'll discover your athlete within and reach new heights!

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!

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.

Workout of the Day (30 min.)

Short on time, need a challenge? Workout of the day (WOD) is for those wanting a little extra or getting into the habit of a regular workout routine. Whether for weight loss, muscle building or fun, our staff will provide the variety, progress and expert guidance in an all-encompassing WOD.