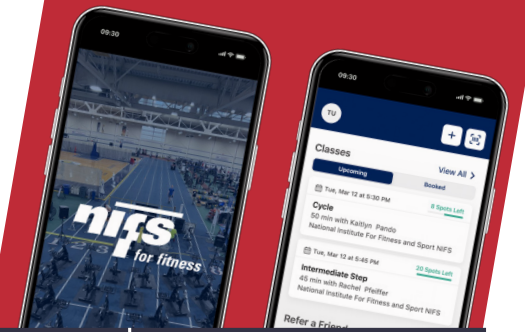


GROUP FITNESS SCHEDULE

OCTOBER

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NIFS App Today!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING		6-6:45a BOXING with Jeni Boxing Area				9-10a VINYASA YOGA with Julie Meet on Patio (WP)*
		9-10a GIRLS JUST WANNA HAVE FUN with Kennedy Auxiliary Court		9-10a GIRLS JUST WANNA HAVE FUN with Kennedy Auxiliary Court		9:30-10a EXTREME CORE with Rachel P. Meet on Patio (WP)*
	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
AFTERNOON	12-1p KETTLEBELL FUND. with Rick Track Desk		12-1p KETTLEBELL FUND. with Rick Track Desk	12-12:45p BOXING with Jeni Boxing Area		
	12-1p TOTAL BODY STRENGTH with Jill Auxiliary Court	NEW INSTRUCTOR 12-12:30p TABATA with Kennedy Meet on Patio (WP)*	12-1p TOTAL BODY STRENGTH with Jill Auxiliary Court	12-12:30p TABATA with Rachel P. Meet on Patio (WP)*	12-1p BARRE FUSION with Rachel P. Meet on Patio (WP)*	
	12-1p VINYASA YOGA with Grace Group Fitness Studio	NEW INSTRUCTOR 12:30-12:45p CORE AND MORE with Kennedy Meet on Patio (WP)*		12:30-12:45p CORE AND MORE with Rachel P. Meet on Patio (WP)*		
			12-1p YOGA STRN/RESTR with Grace Group Fitness Studio	1-1:30p FUND. STRETCHING with Shelby Group Fitness Studio	1:15-1:45p EXPRESS YOGA with Grace Group Fitness Studio	
		5:30-6:30p CYCLING with Steven Cycle Area			4-5p TOTAL BODY STRENGTH with Jill Auxiliary Court	
EVENING	5:45-6:30p TRX with Brad TRX/Boxing Area	5:45-6:30p STEP (Intermed.) with Rachel P. Auxiliary Court	5:45-6:45p PILATES FUSION with Rachel P. Auxiliary Court			
	6-7p BOOT CAMP with Steven Meet on Patio (WP)*	6-7p POWER FLOW with Stephanie Group Fitness Studio	6-7p BOOT CAMP with Steven Meet on Patio (WP)*			
	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		

NIFS Monthly Challenge

SQUA-MOBER

In October, every day is leg day!

Grab your exercise calendar from the track desk, and start squatting!

GROUP FITNESS KEY



Cardio



Core



Strength



Mind/Body



Cycle

*WP - Weather Permitting

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.

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!

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!

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.