

# Group Fitness Schedule

January 16 - February 25, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SPIN</b> 5:30 - 6:15 a.m. Sarah</p> <p><b>RIP</b> 9:00 - 10:00 a.m. Kayla</p> <p><b>SPIN</b> 12:00 - 12:45 p.m. Kayla</p> <p><b>BOOTCAMP</b> 4:45 - 5:30 p.m. Shelly</p>	<p><b>CARDIO CIRCUIT</b> 5:30 - 6:15 a.m. Shaylee</p> <p><b>BOOTCAMP</b> 9:00 - 10:00 a.m. Allison</p> <p><b>SETS &amp; REPS</b> 12:00 - 12:45 p.m. Allison</p>	<p><b>TURN &amp; BURN</b> 5:30 - 6:15 a.m. Sarah</p> <p><b>BARRÉ &amp; STEP</b> 9:00 - 10:00 a.m. Kayla</p> <p><b>SPIN</b> 12:00 - 12:45 p.m. Kayla</p> <p><b>SETS &amp; REPS</b> 4:45 - 5:30 p.m. Melissa/Allison</p>	<p><b>TRANSFORM</b> 5:30 - 6:15 a.m. Shaylee</p> <p><b>TURN &amp; BURN</b> 9:00 - 10:00 a.m. Kayla</p> <p><b>SETS &amp; REPS</b> 12:00 - 12:45 p.m. Allison</p>	<p><b>STRENGTH TRAINING</b> 5:30 - 6:15 a.m. Sarah</p> <p><b>YOGA</b> 9:00 - 10:00 a.m. Amanda</p>
				SATURDAY
				<p><b>INSTRUCTOR CHOICE</b> 8:30 - 9:30 a.m.</p>

FREE classes with membership or \$5 for non-members. Classes subject to change.  
Reserve your spot for all classes with the mindbody app, or call 712.732.7722.



## BARRÉ & STEP

A total body workout that helps create a lean, toned physique through fun ballet barre movements, weights, resistance bands and cardio interval training. Low impact with high intensity.

## BOOTCAMP

The fastest way to shape up and lose body fat! Improve muscle endurance and cardiovascular conditioning. Get your heart rate elevated while you tone and burn fat at the highest rate possible.

## CARDIO CIRCUIT

Increase both strength and cardio. Combine a high intensity exercise to elevate your heart rate and lower intensity exercise to slow it down, and will help burn body fat.

## INSTRUCTOR CHOICE

60 minute class chosen by the instructor. A variety of instructors teach this class and incorporates a wide variety of aerobics and strength training.

## RIP

A barbell program for all ages and fitness levels. Match movement to music and use traditional strength training.

## SETS & REPS

Bootcamp style with an exciting mix of cardio, bodyweight, dumbbell, kettle bell and core exercises. Can be modified to all fitness levels.

## SPIN

Spin to unique music mixes compiled to energize and sustain riders for the duration of the class. You decide the intensity.

## TRANSFORM

Unites yoga and sports in a refreshing and unique journey. You will be twisting, doing strength poses, lengthening positions and more.

## TURN & BURN

Combine indoor cycling with resistance training. Working on and off the bike, you'll get a calorie blasting, metabolism boosting workout.

## YOGA

Using movement and breath, we create strength, flexibility, endurance and balance while developing a strong understanding of each pose, body position and posture. Great for beginners but all levels welcome.

