

# Group Fitness Schedule

May 8 - July 1, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SPIN</b> 5:30 - 6:15 a.m. Sarah</p> <p><b>RIP</b> 8:00 - 9:00 a.m. Kayla</p> <p><b>SPIN</b> 12:00 - 12:45 p.m. Kayla</p>	<p><b>YO STRONG</b> 5:30 - 6:15 a.m. Amanda</p> <p><b>POWER HOUR</b> 8:00 - 9:00 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> 8:00 - 9:00 a.m. Kayla</p> <p><b>TRIPLE THREAT</b> 12:00 - 12:45 p.m. Kayla</p>	<p><b>SETS &amp; REPS</b> 5:30 - 6:15 a.m. Allison</p> <p><b>TURN &amp; BURN</b> 8:00 - 9:00 a.m. Kayla</p> <p><b>SETS &amp; REPS</b> 12:00 - 12:45 p.m. Allison</p>	<p><b>STRENGTH</b> 5:30 - 6:15 a.m. Sarah</p> <p><b>YOGA</b> 8:00 - 9:00 a.m. Amanda</p>
				<p><b>SATURDAY</b></p> <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.

## 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.

## 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.

## POWER HOUR

Enjoy a combination of cardio and strength training utilizing different equipment each week. Burn fat and build muscle in this one hour class!

## 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.

## STRENGTH

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

## TRIPLE THREAT

Need description.

## 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 an understanding of each pose, body position and posture. Great for beginners but all levels welcome.

## YO STRONG

Need description.

