

# Group Fitness Schedule

## March 11 - May 4, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BUTT &amp; GUTS</b> 5:30 - 6:15 a.m. Allison	<b>WOD</b> 5:30 - 6:15 a.m. Michael	<b>WILD WEDNESDAY</b> 5:30 - 6:15 a.m. Allison	<b>KICKBOX</b> 5:30 - 6:15 a.m. Allison	<b>SPIN</b> 5:30 - 6:15 a.m. Sarah
<b>RIP</b> 9:00 - 10:00 a.m. Kayla	<b>YOGA</b> 9:00 - 10:00 a.m. Amanda	<b>RIP</b> 9:00 - 10:00 a.m. Kayla	<b>CARDIO FUNK</b> 9:00 - 10:00 a.m. Kayla	<b>MUSCLE FUSION</b> 9:00 - 10:00 a.m. Allison
<b>SENIORCISE</b> 10:00 - 10:30 a.m. Kayla	<b>SWEAT FEST</b> 12:00 - 12:45 p.m. Allison	<b>SENIORCISE</b> 10:00 - 10:30 a.m. Kayla	<b>SWEAT FEST</b> 12:00 - 12:45 p.m. Allison	<b>SATURDAY</b>  <b>INSTRUCTOR CHOICE</b> 8:30 - 9:30 a.m.
<b>SPIN</b> 12:00 - 12:45 p.m. Kayla		<b>CARDIO RIP</b> 12:00 - 12:45 p.m. Kayla	<b>FREE</b> classes with membership or \$5 for non-members. Classes subject to change.	
<b>BOOTCAMP</b> 4:45 - 5:15 p.m. Shelly		<b>BOOTCAMP</b> 4:45 - 5:15 p.m. Josue		

### BOOTCAMP

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

### BUTTS & GUTS

Tighten and train the regions of your lower body and core. Focus on abs, glutes, legs and lower back using various equipment and bodyweight training.

### CARDIO FUNK

An energetic hour of cardio and strength using all styles of music, dance moves and strength training.

### CARDIO RIP

An interval training sequence with high-intensity cardio and switching to weight training. It builds cardiovascular fitness while improving muscular strength and endurance.

### INSTRUCTOR CHOICE

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

### KICKBOX

Utilizes various punching, kicking, and ducking techniques that improve cardiovascular condition, strength and overall agility. Gloves recommended.

### MUSCLE FUSION

One week upper body, one week lower body, one week total body, repeat.

### RIP

A barbell program that matches movement to music and uses traditional strength training.

### SENIORCISE

Functional fitness for older adults interested in improving quality of life.

### SPIN

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

### SWEAT FEST

Bootcamp style with a mix of cardio, bodyweight, dumbbell, kettlebell and core exercises.

### WILD WEDNESDAY

A different workout every week from cardio, weights, HIIT, Tabata, BOSU or any combination.

### WORKOUT OF THE DAY (WOD)

Functional movements with high intensity. Each workout is different and will focus on technique and movement efficiency and then increase individual intensity with speed.

### YOGA

Using movement and breath, we create strength, flexibility, endurance and balance while developing an understanding of each pose, body position and posture.

**\*All classes can be modified to your fitness level.**

