

GROUP FITNESS SCHEDULE



JANUARY 2ND – MARCH 30TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spin 11:15 – 12:00	Kettlebell 11:15 – 12:00	Cardioblast 11:15-11:45	Spin 11:15-12:00	Triple Threat 11:15-11:45
Power Pump 12:15 – 1:00	Step Fusion 12:15-1:00	Spin 12:00-12:45	Loose & Limber 12:15-12:30	Vinyasa Yoga 12:00-12:45
	Hard Core 1:15-1:30	Barre-less 1:00-1:45	Power Pump 12:45-1:30	

Class Pass – Don't forget to reserve your place in class by taking a card at the front desk! Cards will be available 15 minutes prior to start time. Please hand cards to instructor on your way in.

There is a 10 participant maximum for all classes and a 2 participant minimum.

CLASS DESCRIPTIONS



Barre-less	Barre-less will help you to strengthen, tone, and balance your entire body. It combines isometric strength training with high reps of small movements to fire up your muscles. Love the burn in barre-less!
Cardioblast	Cardioblast utilizes high-intensity interval training for a fast-paced, challenging workout to get your heart pumping. Add a blast of cardio to your week!
Hard Core	Want to strengthen your core? This is <i>absolutely</i> the class for you! In this 15-minute class we will utilize a variety of equipment to tighten and tone your core muscles until you are feeling hard core.
Kettlebell	Training with a kettlebell involves explosive movements that increase your strength and power while improving cardiovascular health. Swing by for a great workout!
Loose & Limber	Improve your mobility and flexibility in this 15 minute class that will release tight muscle groups, relieve low back pain, and strengthen important postural muscles.
Power Pump	A choreographed strength class that utilizes varying tempos, isometric holds, and high reps to work every major muscle group. Use plate loaded bars & dumbbells to determine your intensity for this high-energy, full body strength workout. Get “pumped up” in Power Pump!
Spin	Indoor cycling is a great way to get in to shape fast and challenge your cardiovascular system. Our instructors will lead you through a mix of sprints, hill climbs, and intervals to burn fat and leave you feeling great. Cycling is a low impact activity and all levels of fitness are welcome to attend.
Step Fusion	This is a high-energy choreographed cardio class that combines traditional step moves with high intensity cardio moves both on and off the step. Step up your intensity by using one or two risers!
Triple Threat	Challenge yourself with cycles of 3 minutes cardio, 2 minutes strength, and 1 minute of abs. Repeat this sequence throughout the whole class. Get ready to sweat with triple threat!
Vinyasa Yoga	This yoga class is taught as an active flow-style class that will get your heart pumping and your mind relaxing. Practice popular strengthening, balancing and flexibility poses in a sequence that everyone can do. Beginners are welcome!