

GROUP FITNESS SCHEDULE



APRIL 2ND – JUNE 29TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spin 11:15 – 12:00	Barre-less 11:15 – 12:00	Power Pump 11:15 – 12:00	H.I.I.T. 11:15 – 11:45	Spin 11:15 – 12:00
Power Pump 12:15 – 1:00	Triple Threat 12:15 – 12:45	Spin 12:15 – 1:00	Kettlebell 12:00 – 12:45	Vinyasa Yoga 12:15 – 1:00
Restore 1:15 – 1:45		Hard Core 1:15 – 1:30		
			Bootcamp 4:30 – 5:15	

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. <i>Love the burn in barre-less!</i>
Bootcamp	This high-intensity class is designed to keep you on your toes with a different challenging workout every week. Perform bodyweight training and functional strength exercises mixed with high-intensity cardio moves to work up a sweat and make your muscles burn. <i>Push yourself outside your comfort zone in Bootcamp!</i>
Hard Core	A quick 15-minute workout utilizing a variety of equipment to tighten and tone your core muscles. If you want to strengthen your core – this is <i>absolutely</i> the class for you!
H.I.I.T.	H igh I ntensity I nterval T raining helps to improve cardiovascular fitness, increase muscle mass and help with weight loss. This class combines high-intensity cardio intervals with periods of short recovery and strength exercises for the ultimate full-body workout!
Kettlebell	Training with a kettlebell involves explosive movements that increase your strength and power while improving cardiovascular health. <i>Swing by for a great workout!</i>
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. <i>Get “pumped up” in Power Pump!</i>
Restore	Work to improve your mobility and flexibility, release tight muscle groups, relieve low back pain, and strengthen important postural muscles in this 30-minute guided stretching and foam rolling class. <i>Give your body a fresh start each week in Restore.</i>
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. <i>Cycling is a low impact activity and all levels of fitness are welcome to attend.</i>
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. <i>Get ready to sweat with triple threat!</i>