



## Group Exercise Spring 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	5:15 - 6:00 AM Rise & Grind (Chris)	★ 5:15 - 5:45 AM Core Challenge (Amy)	★ 5:15 - 6:00 AM Functional Strength & Mobility (Julie)	★ 5:15 - 5:45 AM Core Challenge (Amy)	5:15 - 6:00 AM Rise & Grind (Daniel)		★ Glutes & Abs Lab will open Feb 10th!
		5:15 - 5:45 AM BoxMaster (Daniel)		5:15 - 5:45 AM BoxMaster (Daniel)	5:15 - 6:00 AM Gentle Yoga (Amy)		
		6:00 - 6:30 AM BoxMaster (Daniel)	6:00 - 7:00 AM Strength Train (Julie)	6:00 - 6:30 AM BoxMaster (Daniel)			
		6:15 - 7:00 AM Yin Yoga (Amy)		6:15 - 7:00 AM Yin Yoga (Amy)	6:15 - 7:00 AM Yoga Flow (Amy)		
	★ 8:00-8:30AM Core Challenge (Dawn)	★ 8:30-9:30 AM HYROX PLUS (Dawn)	★ 8:00-8:30AM Core Challenge (Dawn)	★ 8:30-9:30 AM HYROX PLUS (Dawn)		8:15 - 8:55 AM Step (Rotation)	
	8:30 - 9:30 AM Strength Train (Amy)	8:30 - 9:30 AM Functional Strength (Daniel)	8:30 - 9:30 AM Strength Train (Amy)	8:30 - 9:30 AM Functional Strength (Daniel)	8:30 - 9:30 AM Strength Train (Alexa)	★ 8:15-8:45 AM Core Challenge (Rotation)	★ Denotes a new class, instructor, or time!
	8:30 - 9:30 AM Cardio, Core & More (Brittany)	8:30 - 9:30 AM Barre (Christine)	8:30 - 9:30 AM Sculpt (Jen)	8:30 - 9:30 AM Barre (Christine)	8:30 - 9:30 AM Pilates (Amy)	8:30 - 9:15 AM Boxing/Sports Conditioning (Rotation)	
		★ 8:30 - 9:30 AM Nia (Alexa)			8:30 - 9:00 AM BoxMaster (Adam)		
	★ 9:00- 9:45 AM HYROX (Dawn)		9:00- 9:45 AM HYROX (Dawn)		★ 9:00- 10:00 AM HYROX (Dawn)	9:00 - 10:00 AM Dance (Heather)	
	9:45 - 10:30 AM Functional Strength (Jessie)	★ 9:45 - 10:30 AM Gentle Nia (Alexa)	9:45 - 10:45 AM Uppercut & Core (Brittany)	★ 9:45 - 10:30 AM Chair Yoga (Amy)	★ 9:45 - 10:30 AM Functional Strength (Jessie)	9:30- 10:15 AM HYROX (Rotation)	
	10:00 - 10:45 AM Forever Fit (Taffie)		10:00 - 10:45 AM Forever Fit (Leigh)		10:00 - 10:45 AM Forever Fit (Taffie)	10:05 - 11:05 AM Strength Train (Rotation)	
	10:00 - 10:30 AM BoxMaster (Brittany)					10:15 - 11:15 AM Yoga (Rotation)	
	11:00 - 11:45 AM Yoga (Amy)	10:45 - 11:45 AM Yoga (Alexa)	11:00 - 11:45 AM Yoga (Kay)	10:45 - 11:45 AM Yoga (Amy)	11:00 - 11:45 AM Restorative Yoga (Kay)		
	11:00 - 12:00 PM Line Dancing (Linda)		11:00 - 12:00 PM Line Dancing (Linda)		11:00 - 12:00 PM Line Dancing (Linda)		
	★ 12:15-12:45 PM Core Challenge (Viv)	★ 12:15- 12:45 PM HYROX (Adam)	★ 12:15-12:45 PM Core Challenge (Becca)	★ 12:15- 12:45 PM HYROX (Viv)			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM	4:30 – 5:30 PM Strength Train (Heather)	4:30– 5:30 PM HYROX (Chandler)	4:30 – 5:30 PM Strength Train (Heather)	4:30– 5:30 PM HYROX (Chandler)			★ 1:30– 2:15 PM Weekend Warrior (Rotation)
		5:00 – 5:45 PM Barre (Jenny)	5:15 – 6:00 PM Yoga (Jenny)				★ 2:30 – 3:00 PM Boxmaster (Rotation)
	5:45 – 6:40 PM Bootcamp (Josh)	5:45 – 6:45 PM Tabata Bootcamp (Viv)	5:45 – 6:45 PM Cardio Combat (Daniel)	5:45 – 6:45 PM Power Dance (Heather)			3:00 – 4:00 PM Yoga (Chelsa)
	5:45 – 6:30 PM BoxMaster (Chandler)	5:45 – 6:15 PM BoxMaster (Shaka)	5:45 – 6:30 PM BoxMaster (Chandler)	5:45 – 6:15 PM BoxMaster (Shaka)	5:45–6:30 PM HYROX (Shaka)		★ 3:15–3:45 PM Core Challenge (Rotation)
	6:00 – 7:00 PM Warm Power Vinyasa Flow (Julie)	6:00 – 7:00 PM Yoga (Brandi)	★ 6:15 – 7:00 PM Yin Yoga (Amy)	6:00 – 7:00 PM Yoga (Brandi)	6:00 – 7:00 PM Yoga (Chelsa)		
	★ 6:30–7:00 PM Core Challenge (Sydney)	6:30–7:00 PM HYROX (Shaka)	★ 6:30–7:00 PM Core Challenge (Sydney)	6:30–7:00 PM HYROX (Shaka)			
		★ 6:45– 7:45 PM Dance (Becca)					
						<b>STUDIO (by color)</b>	
						Main Exercise Studio	
						Multi-Functional	
						Mind & Body Studio	
						Glutes & Abs Lab	
						HIIT AREA	

## Age Guidelines

**Ages 14+** may participate in all Group Exercise classes without a parent or supervising guardian.

**Ages 12-13** may participate in Group Exercise classes without a parent or supervising guardian except classes with weights or cycle classes.

**Ages 8-11** may participate in Group Exercise classes with a parent or supervising guardian except classes with weights or cycle classes.

## Class Descriptions

**Barre:** Includes components of Pilates, Yoga and Ballet. You'll work your core & tone the entire body from head to toe! (No dance experience required.)

**BoxMaster:** Boxing style conditioning that caters to all types of fitness levels. Participants will hit every aspect of conditioning while training in an interval format.

**Cardio Combat:** 45 minute class combining mixed martial art athletic drills in a HIIT format with weight and cardio training.

**Cardio, Core & More:** Fun, high-energy class focusing on full body workout using various equipment and formats. (low impact, great starter class)

**Core Challenge-** Core and Glute circuit interval training in the Glutes & Abs Lab. Low impact, but effective core toning.

**Forever Fit:** Perfect for older adults This class includes work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance and coordination.

**Functional Strength:** Fitness for all levels, a combo of mobility and strength training to strengthen for life's every day demands.

**HYROX:** functional fitness format for every BODY! It incorporates Functional strength training, High Intensity Interval training and Classic endurance.

**HYROX PLUS:** functional fitness format for every BODY! It incorporates Functional strength training, with cardio endurance PLUS targeted toning.

**Line Dancing:** learn a variety of line dances and western struts in this class. It's a fun and very social way to exercise. No partner needed.

**NIA:** Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind.

**Pilates:** A great class consisting of low-impact flexibility and muscular strength and endurance movements to strengthen the core. (low impact, great starter class)

**Power Dance:** Features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**Rise & Grind:** Get up early and get it! Sports based training incorporating interval training, full-body strength and cardio blasts to get you going early in the day!

**Sculpt:** 60-minute strengthening program hitting all major muscle groups in one class with various types of equipment. (great starter class, low impact)

**Sports Conditioning/Weekend Warrior:** A combination of aerobic conditioning, strength training, and sports performance enhancement utilizing battle ropes, body weight and more.

**Step:** An aerobic fitness class which is designed to provide people with cardio and strength training utilizing a platform.

**Strength Train:** This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment.

**Tabata Bootcamp:** Advanced, high intensity interval training.

**Uppercut & Core:** Tone and tighten while focusing on blasting upper body and core with high reps and custom weights.

**Warm Power Vinyasa Flow:**Not for beginners. Powerful yoga using breath in motion to build strength, flexibility, balance and focus. Full body workout. Be prepared to sweat!

**Yoga:** Bring awareness of your body, breath and movement. Improve strength, flexibility, circulation and well-being while reducing stress.

**Chair Yoga:** A gentle form of yoga done while sitting or standing with the support of the chair. Chair yoga poses are especially good for seniors and those who sit for long periods.

**Yoga Flow:** Energetic class matching movement to breath with lots of movement!

**Yoga 101/Gentle Yoga:** This is a basic yoga class and includes; breathwork, warmup poses, standing poses, balance work, stretching, and relaxation.