

# Group Exercise Schedule WINTER 2022

(Begins Jan 14, 2022)

<u>Time:</u>	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
6:00am		Cycling (55) Cathy B		Cycling (55) Howard B	
7:00am			Step & Sculpt (55) Lisa A		Cardio Barre (55) Lisa C
			Mat Pilates (55) Karen G. C		
7:15am		Muscle Mix (55) Cathy A		Muscle Mix (55) Cathy A	
8:00am	Mat Pilates (55) Karen G. C		Yoga (55) Kim S. A		
		Bootcamp (55) Alice Turf		Bootcamp (55) Alice Turf	
8:30am		Stretch (30) Monica C	Cycle Camp (55) Jody B&C	Stretch (30) Monica C	
				Mat Pilates (55) Kelly B. A	
9:00am	Barre (55) Laura R. C	YOGA (55) Suzi C		Yoga (55) Danielle F. C	Yoga (55) Michelle A
		Body Blitz (55) Theresa A			Cycling (55) Theresa B
9:30am	Cycle Camp (55) Jody B&C		Tone it Out! (55) Jenn A	Sets n Reps (55) Theresa A	
10:15am			Chair Yoga (45) Corinne P. C	Begin To Spin (45) Linda B	
10:30am			Functional Training (55) Maryfran A		Functional Training (55) Maryfran A
12:00pm	Tone it Out! (55) Jenn A				
5:00pm		Sets n Reps (55) Sandra A			
5:30pm	Cycle Camp (55) Cathy B		Cycle Camp (55) Sandra B&C	Booty Band (30) Jenn C	
	Kicks, Stix, Core & More Jen S. (55) A				
6:00, 6:15 & 7pm Classes		6pm YOGA (55) Michelle C	6:15pm Savage Circuits Sarah (45) Turf	7pm Yoga Rest & Restore Danielle F. (55) C	

## WEEKEND CLASSES:

<u>Time:</u>	<u>Saturday</u>	<u>Sunday</u>
8:00am	Cycling (55) Howard B	Cycling (55) Karen/John B
9:00am	Yoga (55) Tami C	Yoga (55) Michelle A
	Kicks, Stix, Core & More (55) Jen S. A	Kettlebells & Core (45) Jen S. Turf

### Location:

A = Upstairs Studio

B = Cycling Studio

C = Downstairs Studio

**YELLOW** represents a NEW Class

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**BARRE** - A workout blending elements from different exercise styles; ballet, Pilates, and yoga.

**BOOTCAMP** – A challenging, advanced class blending bodyweight cardio and strength exercises at a fast pace with few breaks on the turf field. +

**BOOTY BAND** - Using resistance bands to activate your glutes and hips through lower body exercises. Focusing on legs, glutes & hips to develop a muscular, yet rounded shape.

**CARDIO-BARRE**; Traditional Barre training with an additional twist of a cardiovascular training. Complete with core and strength training.

**CARDIO-WEIGHTS**; A perfect combo of strength training & cardio rounds to exercise the heart & tone those muscles!

**BODY BLITZ** Anything goes in this total body non-stop workout including resistance training, intense cardio, endurance, agility and core. Get it all in one hour! +

**CYCLING** Reduce your body fat, lose weight, improve aerobic fitness, relieve stress...and have fun while pedaling to music!

**CYCLE CAMP** 30/30 cycling & strength bootcamp class! We will spin for 30-min then head into the Mind/Body studio for 30-minutes of nonstop strength training!

**KETTLEBELLS & CORE**: A mix of kettlebell strength exercises & core-specific work w/a solid pre & post stretch. Find out just how much fun kettlebells can be in this 45-minute express class!

**KICKS, STIX CORE & MORE!** A mixture of cardio, weights, kickboxing & core exercises. A truly blended workout, using weights & Fit Stix for arms & legs w/ an extra focus on abs.

**FUNCTIONAL TRAINING**: Specific movements which apply to one's daily activities using dumbbells, strength bands, medicine balls to exercise through multiple planes of motion.

**MAT PILATES** This class is open to ALL Pilates students, mixing both basic and intermediate Pilates moves. Exercises focus on core strength, balance, muscle stability and flexibility.

**MUSCLE MIX**: Bootcamp style, full body muscle conditioning class leaving your heart pumping!

**REST & RESTORE YOGA**: This class will start w/breath work and fluid movements, a few simple standing postures, ending with holding yin style postures to help you further relax and unwind.

**SAVAGE CIRCUITS**: Intense weight training session, promising to push you to your limits! 45-min class on the turf utilizing dumbbells and body weight strength training exercises. +

**SETS & REPS**; This workout challenges all of your major muscle groups by using weights. Different format each class, (Tabata, counted sets, ladders, etc) but always a great strength class!

**STEP & SCULPT**: This class integrates strength training while keeping your heart rate up! Covering everything from boxing and step to squats, lunges and weight training. This cardio class is great for all fitness levels & STEPS will be integrated throughout!

**STRETCH**: This 30-min class is good for anyone & everyone! If you've ever thought "I'm not flexible enough to do yoga", this class is for you! This back to basics class will stretch you out, head to toe.

**TONE IT OUT**: A total body workout designed to be choreographed to music, rather than counted w/reps, to keep the workout fun and the mind distracted. There are intense cardio busts followed by recovery of high reps w/light weights to help tone the entire body. +

**YOGA**; A classic yoga class where the movements are connected to each other in a flowing manner, and linking movement with the breath is a primary focus. All levels welcome.

**YOGA w/Chair Assist**: Traditional yoga postures are practiced in both a sitting and standing position. Fitness moves are incorporated to help build and maintain strength, range of motion, flexibility and balance. All postures/movement may be modified.

**YOGA ESSENTIALS**: A dynamic yoga/pilates workout that simultaneously lengthens & strengthens every muscle in the body, resulting in greater joint mobility & lean, long muscles.

+Advanced class