

# JANUARY 2023

## GROUP EXERCISE SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY   |
|---|--|---|
| <p>5:30 - 6:30 am Group Power<br/>Heather - GX1</p> <p>9:30 - 10:30 am Yoga with Roni - GX1</p> <p>9:30 - 10:30 am Group Fight<br/>Heather - GX2</p> <p>10:45 - 11:45 am Forever Fit<br/>Lisa - GX1</p> <p>11 - 12 pm Water Fitness<br/>Nadine - Pool</p> <p><b>*NEW 5:30 -6:15 pm TRX<br/>Candace-GX1</b></p> <p>5:45 - 6:15 pm R30 Kristina<br/>Cycle Studio</p> <p>6:30 - 7:30 pm Group Power<br/>Kristina - GX1</p> | <p>5:30 - 6:30 am Group Ride<br/>Emily - Cycle Studio</p> <p>8 - 9 am Water Fitness Lisa - Pool</p> <p>9:30 - 10:30 am Boot camp<br/>Megan - GX1</p> <p>9:30 - 10:30 am Zumba<br/>Stefanie - GYM</p> <p>11 - 12 pm Gentle Water Fitness<br/>Nadine - Pool</p> <p>5:45 - 6:15 pm 3D30<br/>Kristina - GX1</p> <p>6:30 - 7:30 pm Group Blast<br/>Kristina - GX1</p> | <p>5:30 - 6:30 am Group Power<br/>Heather - GX1</p> <p>8 - 9 am Water Fitness Lisa - Pool</p> <p>9:30 - 10:30 am Yoga with Roni - GX1</p> <p>9:30 - 10:30 am Group Fight<br/>Heather - GX2</p> <p>10:45 - 11:45 am Forever Fit<br/>Lisa - GX1</p> <p>11 - 12 pm Water Fitness<br/>Nadine - Pool</p> <p>5:45 - 6:15 pm Barre<br/>Tiffany - GX1</p> <p>6:30 - 7:30 pm Group Power<br/>Tiffany - GX1</p> |
| THURSDAY  | FRIDAY   | SATURDAY  |
| <p>5:30 - 6:30 am Group Ride<br/>Kristina - Cycle Studio</p> <p>8 - 9 am Water Fitness<br/>Lisa - Pool</p> <p>9:30 -10:30 am Boot Camp<br/>Megan - GX1</p> <p>11 - 12 pm Gentle Water Fitness<br/>Nadine - Pool</p> <p>5:45 -6:15pm HIIT<br/>Stephanie-GX1</p> <p>6:30 -7:30pm Yoga<br/>Stephanie-GX1</p>   | <p>5:30 - 6:30 am Group Blast<br/>Kristina - GX1</p> <p>9:30 - 10:30 am Zumba<br/>Stefanie - GX1</p> <p>10:00 - 10:30am R30<br/>Amy - Cycle Studio</p> <p>10:45 - 11:45 am Group Power<br/>Tiffany - GX1</p> <p>11 - 12 pm Water Fitness<br/>Nadine - Pool</p>   | <p>10:45 - 11:45 am Forever Fit Lisa - GX1</p>  |
| <p><b>Key</b></p> <p>GX1: Group Exercise Room 1</p> <p>GX2: Group Exercise Room 2</p>   |  | <p><b>KID ZONE</b></p> <p>Mon - Fri 8:00 am - 12:00 pm</p> <p>Mon - Thu 5:00 pm - 7:45 pm</p> <p><b>Family Membership Benefit</b></p>   |

**3D30:** This 30 minute class integrates strength and cardio training to build muscle, burn calories and improve agility. Revolutionize your whole body using Loaded Movement Training in this three-dimensional experience. Train the way the body was designed to move with 3D30. It's LOADED!!!

**Barre:** A total body workout that fuses ballet barre exercises, Pilates core work, yoga flexibility and resistance training that will sculpt, stretch and tone major muscle groups. Class may include balls, bands or dumbbells. No dance experience needed.

**Boot Camp:** An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every time, these classes are designed to push you harder than they'd push yourself and to always keep the body guessing.

**Forever Fit:** This low impact class incorporates cardio, core and resistance training to build strength, improve balance, and increase range of motion. Whether you are a senior, beginner, pre/post natal or recovering from an injury, this all level fitness class will work your entire body and help you stay Forever Fit!

**Group Blast** is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.

**Group Fight:** Defend Together is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

**Group Ride:** It's a 60 minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

**Group Power:** Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up!

**HIIT:** High Intensity Interval Training - involves repeated bouts of high intensity effort followed by varied recovery times. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines all in 30 minutes!

**R30:** It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush. Everyone finishes first in this class!

**TRX** is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

**Water Fitness:** Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance. Moving your body through the water creates a resistance that will activate muscle groups. Suitable for ages 14 and up.

**Yoga:** Incorporate static and dynamic flexibility movements using yoga postures and positions to increase flexibility, reduce stress, and improve strength and posture. All yoga classes end with a 5 minute restorative, relaxation period. Note: Each instructor will give you a different experiences so try out a few for variety!

**Zumba®:** A fusion of Latin and International dance themes creates a dynamic, exciting, effective fitness system. Zumba® uses the principles of interval and resistance training to maximize caloric output, fat burning and total body toning.

**Try to arrive early to class so our Instructors can welcome you and help you set up.**