

# Group Fitness Schedule

## September 16 - November 9, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FULL BODY FIRE</b> 5:30 - 6:15 a.m. Allison</p> <p><b>RIP</b> 9:00 - 10:00 a.m. Kayla</p> <p><b>SENIORCISE</b> 10:00 - 10:30 a.m. Kayla</p> <p><b>SPIN</b> 12:00 - 12:45 p.m. Kayla</p> <p><b>BOOTCAMP</b> 4:45 - 5:15 p.m. Shelly</p>	<p><b>ALL DUMBBELLS</b> 5:30 - 6:15 a.m. Michael</p> <p><b>MUSCLE FUSION</b> 9:00 - 10:00 a.m. Allison</p> <p><b>BOOTCAMP</b> 12:00 - 12:45 p.m. Allison</p>	<p><b>RIP</b> 5:30 - 6:15 a.m. Allison</p> <p><b>QUAD</b> 9:00 - 10:00 a.m. Kayla</p> <p><b>SENIORCISE</b> 10:00 - 10:30 a.m. Kayla</p> <p><b>CARDIO</b> 12:00 - 12:45 p.m. Kayla</p>	<p><b>BOOTCAMP</b> 5:30 - 6:15 a.m. Allison</p> <p><b>CARDIO FUNK</b> 9:00 - 10:00 a.m. Kayla</p> <p><b>BOOTCAMP</b> 12:00 - 12:45 p.m. Allison</p>	<p><b>SPIN</b> 5:30 - 6:15 a.m. Sarah</p> <p><b>STRETCH &amp; FLOW</b> 9:00 - 10:00 a.m. Allison</p>
				SATURDAY
				<p><b>INSTRUCTOR CHOICE</b> 8:30 - 9:30 a.m.</p>
			<p>FREE classes with membership or \$5 for non-members. Classes subject to change.</p>	

### ALL DUMBBELLS

Uses different functional movement exercises with dumbbells, all done at high intensity. Each session will have new movements.

### BOOTCAMP

The fastest way to shape up and lose body fat! Improve muscle endurance and cardiovascular conditioning. Elevate your heart rate while you tone and burn fat at the highest rate possible.

### CARDIO FUNK

An energetic hour of cardio and strength using all styles of music, dance moves and strength training.

### CARDIO

Fun class of intermediate exercises, mixing cardio and strength training for a maximum workout.

### FULL BODY FIRE

A full body workout, including core and cardio. Different equipment will be used each week.

### INSTRUCTOR CHOICE

60-minute class chosen by the instructor. A variety of instructors teach this class and incorporate aerobics and strength training.

### MUSCLE FUSION

One week upper body, one week lower body, one week total body, repeat.

### QUAD

A mix of Step, Pound, HIIT and Barre with a variety of different exercises to shake up the middle of the week.

### RIP

A barbell program that matches movement to music and uses traditional strength training.

### SENIORCISE

Functional fitness for older adults interested in improving quality of life.

### SPIN

Spin to unique music mixes compiled to energize and sustain riders for the duration of the class.

### STRETCH & FLOW

One week upper body, one week lower body, one week total body, repeat.

**\*All classes can be modified to your fitness level.**

