

Group Fitness Schedule

November 18 - December 21, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TRIPLE THREAT 5:30 - 6:15 a.m. Allison</p> <p>RIP 9:00 - 10:00 a.m. Kayla</p> <p>SENIORCISE 10:00 - 10:30 a.m. Kayla</p> <p>SPIN 12:00 - 12:45 p.m. Kayla</p> <p>BOOTCAMP 4:45 - 5:15 p.m. Shelly</p>	<p>BOX & BURN 1000 5:30 - 6:15 a.m. Michael</p> <p>MUSCLE FUSION 9:00 - 10:00 a.m. Allison</p> <p>BOOTCAMP 12:00 - 12:45 p.m. Allison</p>	<p>RIP 5:30 - 6:15 a.m. Allison</p> <p>QUAD 9:00 - 10:00 a.m. Kayla</p> <p>SENIORCISE 10:00 - 10:30 a.m. Kayla</p> <p>CARDIO 12:00 - 12:45 p.m. Kayla</p> <p>BOOTCAMP 4:45 - 5:15 p.m. Travis</p>	<p>BOOTCAMP 5:30 - 6:15 a.m. Allison</p> <p>CARDIO FUNK 9:00 - 10:00 a.m. Kayla</p> <p>REP REVOLUTION 12:00 - 12:45 p.m. Allison</p>	<p>SPIN 5:30 - 6:15 a.m. Sarah</p> <p>CORE & MORE 9:00 - 10:00 a.m. Allison</p>
				<p>SATURDAY</p> <p>INSTRUCTOR CHOICE 8:30 - 9:30 a.m.</p>
<p>FREE classes with membership or \$5 for non-members. Classes subject to change.</p>				

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.

BOX & BURN 1000

This class honors Veterans Day and Navy SEAL Chad Wilkinson, by raising awareness for veteran suicide prevention. We'll train to complete the "Chad1000x" workout: 1,000 box step-ups with a 45 lb. rucksack (modifications available). Get ready for a challenge, lots of steps, and some fun along the way!

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.

CORE & MORE

A different way to work not just your core but full body. Includes light dumbbells, lots of balance moves and holds.

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.

REP REVOLUTION

Uses all kinds of different equipment: kettlebells, dumbbells, step, BOSU and spin bikes.

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.

TRIPLE THREAT

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

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

