



GROUP EXERCISE SCHEDULE

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kettlebell HIIT 5:00-6:00am Sandy		Barre 5:00-6:00am Sam	Morning Strength 5:00-6:00am Brian			
Sunrise Cross Training 6:00-7:00am Thom	Total Body 6:00-7:00am Michelle		Sunrise Cross Training 6:00-7:00am Thom	Abs and Glutes 6:00-6:30am Michelle/Merilee		
	Living Fit 8:00-8:50am Merilee		Living Fit 8:00-8:50am Merilee			
Group Cycle 9:00-10:00am Sarah	HIIT & Lift 9:00-10:00am Melina	Strong Nation 9:00-10:00am Sarah Yoga Blend Kristie	Wicked Workout 9:00-10:00am Kristie	Barre 9:00-10:00am Merilee	Group Cycle 9:00-10:00am Sothy	Cycle & Strength 9:00-10:00am Eugene 30/30 minutes
Barre 10:00-11:00am Merilee	Fitness FUNdamentals 10:15-11:00am Amanda				Zumba 9:15-10:15am Ashley	Muscle Conditioning 10:00-11:00am Kristi T
		Cycle & Strength 4:15-5:15pm Melina 30/30 mins				
Cross Training 5:30-6:30pm Beth Group Cycle Kristie	Step & Strength 5:30-6:30pm Thayi	Pi-Yoga 5:30-6:30pm Thayi Group Cycle Sothy	HIIT 5:30-6:30pm Beth TRX Eugene			
Kickboxing 6:30-7:30pm Melina	Stretch Yoga 6:30-7:30pm Christie	Zumba 6:30-7:30pm Sarah	Fitness FUNdamentals 6:30-7:15pm Amanda			

Kettlebell HIIT Training

Kettlebells require full body movement, integration and core stabilization. Combined with cardio intervals and other fitness equipment this class provides all you need to improve fitness.

Sunrise X-Training

Early morning class that offers a high energy, medium intensity workout. A combination of step, resistance bands, weighted bars, tubing and barbells

TRX®

Suspension training builds true functional strength, balance and core stability. Balls, ropes, bands and more may be incorporated

Cross Training

Improve your cardiovascular endurance and output and build stronger, lean muscles with a variety of cardio and strength combinations.

Yoga Blend

This is a blend of yoga styles to improve flexibility, mobility and strength through fluid movement and held poses.

Muscle Conditioning

Strengthen, tone and define your body using bands, balls, weights and body weight with a mind body component.

Kickboxing

A combination of martial arts techniques with fast-paced cardio. Build stamina, improve coordination and burn calories with fun. Good for all levels

Indoor cycling

Classes provide participants a varied cycle experience featuring drills based on cadence, speed, RPMs and intensity. Everyone works at their own level.

Total Body

Build muscle strength and power through a combination of body weight training techniques and conditioning drills.

Living Fit

Designed for the active older adult, and health seekers new to exercise. Following a warm up, activities include cardio, strength, stability, balance and flexibility.

HIIT and Lift

Weights are not the enemy! This class will help you build strength and boost your metabolism. Burn calories during and after class.

80's Step Party

An old classic is back! This involves uncomplicated, fun choreography and muscle conditioning. All levels of fitness are welcome. You can do it without a Step too!

Stretch Yoga

Focus on lengthening and relaxing primary muscle groups with a different artist or music genre each week. Everyone needs stretching

STRONG Nation®

Body weight conditioning, cardio and plyometric training moves. Every exercise is driven by the music, helping you make it to that last rep, and maybe even five more.

Fitness FUNDamentals

An inclusive class specifically designed for participant's new to group fitness. The format provides support, motivation, coaching and FUN in a no judgement environment.

Pi-yoga

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga at a faster but low impact pace.

Zumba

Spanish slang for "to move fast and have fun", Zumba combines infectious music, easy to follow dance moves with hip-hop and Latin rhythm.

Morning Strength

5:00 am body wake up, Class involves strength training exercises using weights, bands, bars and medicine balls to increase strength and endurance.

Wicked Workout

A challenging class meant to push you to your limit. Incorporates movements for the whole body for greater muscle recruitment and are based on normal training principles. As wicked as you want!

Cross Training

Motivating after work class to help you refocus on mental and physical self. Format includes cardio, strength training, muscle endurance and flexibility.

HIIT

High intensity interval training is a cardio training method that alternates short, high intensity intervals with longer, slower recovery. Benefits all

Barbell Pump

No need to hit the gym for barbell work. This class combines upper and lower body moves. Start easy and add more plates to increase weight as you get stronger.

Abs and Glutes

Strong glutes and abs improve posture, help reduce back pain and provide fundamental strength and stability for daily tasks and athletic movements.

Barre

A hybrid workout combining ballet moves, dance, Pilates, dance, and strength training. High reps, low weight and small range of movements. Fun!

Group Cycle

Build strength, increase cardiovascular endurance and burn calories like crazy. Instructors will challenge you with multi-level rides.

Cycle and Strength

A challenging combination format. 20 minutes of cardio followed by an off the bike strength training session both staying true to training principles.

Cycle and Lift

30 minutes of cycle followed by 30 minutes of upper body and core conditioning off the bike

Why group exercise classes?

Be motivated

Accountability

Learn proper form

Variety of workouts

Meet new friends

Have fun

Group Fitness Policies

- All classes are drop-in for members 15 and older
- Please bring clean sneakers. Shoes may not be worn in from outdoors.
- Cycling classes require a bike reservation no more than 24-hours in advance. (Monday night classes reserve Monday morning. Reservations can be made for only one class daily
- Bike will be forfeited at designated start time if member with reservation is not seated.
- The doors to Cycling Studio will open 10 minutes prior to class start
- 12-14 year olds may participate in group fitness classes when accompanied by a parent/guardian and if the equipment can be appropriately fitted to their size.
- Members are encouraged to work at their own pace. Modifications are provided as activities allow.
- Water bottles and hand towel are required. No cell phones, gym bags or outer wear are allowed in class room