



# Fall Group Exercise Schedule



Monday		Tuesday		Wednesday		Thursday		Friday	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
			6:30-7:15 <b>Well Built</b> <i>Kordi</i>			<b>Express Day!!!</b>			
11:30-12:15 <b>Power Cycle</b> <i>Shona</i>	11:30-12:15 <b>Step Pump</b> <i>Kordi</i>	11:30-12:15 <b>Hard Core Cycle</b> <i>Angie</i>		11:30-12:15 <b>Power Cycle</b> <i>Nicole</i>	11:30-12:15 <b>Super Circuit</b> <i>Darrel</i>		11:30-12:00 <b>Core and More Express</b> <i>Kirsten</i>		11:30-12:15 <b>Well Built</b> <i>Kordi</i>
			11:45-12:15 <b>Well Built Express</b> <i>Kirsten</i>				12:05-12:35 <b>Cardio HIIT Express</b> <i>Sonya</i>		
	12:20-1:05 <b>Power Circuit</b> <i>Jamie</i>		12:20-1:05 <b>Yoga</b> <i>Julia</i> <i>*Please bring a mat</i>		12:20-1:05 <b>Total Body Blitz</b> <i>Nicole</i>		12:40-1:10 <b>Rock Bottoms Express</b> <i>Kirsten</i>		12:20-1:05 <b>Yoga</b> <i>Shelley</i> <i>*Please bring a mat</i>

**Starts September 10, 2018**

This is a dynamic class schedule and will change with member needs.

Studio A – Cycle Studio

Studio B – Large Studio



# Class Descriptions



## **CORE AND MORE- EXPRESS**

Build a more stable, powerful abdomen and lower back to improve fitness and straighten posture. This class also includes exercises to tone and strengthen the muscles in the upper body.

\* 30 minutes

## **CARDIO HIIT- EXPRESS**

If you're looking to torch maximum calories in minimum time, this High Intensity Interval Training class is for you. Intense cardiovascular drills are interspersed with periods of recovery to rev up your metabolism. While challenging, this class can also be modified for all fitness levels.

\*30minutes

## **ROCK BOTTOMS- EXPRESS**

Target those trouble spots in this class designed to increase strength and endurance in your lower body and improve core stability. Resistance methods include body weight, dumbbells, tubing, Bosu balls and more!

\*30 minutes

## **POWER CYCLE**

Put your head down and ride! Motivating music & a little voice in your ear telling you to go, go, go. 45 minutes of steady, high intensity cardio. If you like to cycle, this class is for you - bring your water bottle and a towel.

## **HARD 'CORE' CYCLE**

The same great, motivating, high intensity, cardio workout you will find in the Power Cycling class with an added core component.

## **STEP PUMP**

Put the fun back in fitness with this choreographed step class, combined with strength and endurance training for a full body workout. All levels welcome!

## **POWER CIRCUIT**

Build strength and develop your cardiovascular system with this full body, circuit style workout. A variety of equipment will be utilized, including; dumbbells, sandbags, stability balls, and more.

## **SUPER CIRCUIT**

This anaerobic strength and conditioning class utilizes explosive exercises, weights, and progressive cardiovascular overload. The goal is to train all muscles of the body, with an emphasis on the heart. This is an advanced class that requires mental fortitude and all around fitness.

## **TOTAL BODY BLITZ**

Fire up your cardiovascular and muscular systems throughout the week. This class will utilize weights, steps, tubing and gliders interspersed with cardio bouts.

## **WELL BUILT**

This strength focused class is designed to strengthen and define all major muscle groups in your body. This class utilizes a variety of equipment including dumbbells, body bars, and tubing to improve muscular power, strength, and endurance. The self-paced format of this class will appeal to all levels from novice to advanced.

## **YOGA**

This mind body practice combines physical postures to build muscle strength and increase flexibility with breathing techniques to promote relaxation.

\*\*Yoga mat required.