



FALL Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Biker Blast JOY	HIIT BOOTCAMP Paige ROUSE	Biker Blast Joy	HIIT BOOTCAMP Paige Rouse	Biker Blast Joy
7:00am		Yoga Strength Joy		Yoga Strength Joy	
8:45am					
9:15am	Senior Fit Crissie		Senior Fit Crissie		Senior Fit Tatum
12:10pm		Power Lunch Biker Blast		Power Lunch Biker Blast	
5:30pm	Hit Strength Tatum	Cycle Fusion Paige	Hit Strength Tatum	Cycle Fusion Paige	
6:30pm					

CLASS DESCRIPTIONS ON BACK

****All classes can be modified to any fitness level

****Participants should consult their physician before starting any

Fitness program

Biker Blast- This high energy, low impact workout on a stationary bike is led by an upbeat and fun instructor. You will be challenged both physically and mentally as you ride to some great tunes. Sweating is required so bring a towel and a water bottle and jump in. Class size is limited, first come, first served. All fitness levels welcome and encouraged to attend.

Yoga Strength- A more strenuous yoga that will strengthen your core muscles while giving you a deep stretch to help relax and rejuvenate your muscles. All fitness levels welcome and encouraged to attend.

HIIT BOOTCAMP- A non-stop, powerhouse workout using intervals to combine full body strength training with intense cardio bursts. Guaranteed to burn calories and get your heart pumping

Senior Fit- This low impact class combines cardiovascular fitness and strength with balance and flexibility to help participants stay fit with minimal impact on the joints. All fitness levels welcome and encouraged to attend.

Power Lunch: Biker Blast : Spend your lunch getting in a great workout. This high energy, low impact workout on a stationary bike is led by an upbeat and fun instructor. You will be challenged both physically and mentally as you ride to some great tunes. Sweating is required so bring a towel and a water bottle and jump in. Class size is limited, first come, first served. All fitness levels welcome and encouraged to attend.

HITT/STRENGTH- (1 hour class)- Get it all done in one stop! Embark in the fast-paced, sweat fest of intense cardio, strength and conditioning workout. This class will last one hour and it during child care so for all you Moms that need a break come join in the fun. All fitness levels welcome and encouraged to attend.

CYCLE FUSION (1 full hour calorie killer class)- Get it all done in one stop! Embark in the fast-paced, sweat fest of indoor cycling and also get a great strength and conditioning workout.