



## Winter Group Exercise Schedule January-March 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:00am</b>	<b>Biker Blast</b> upstairs JOY  <b>HITT FIT FOR ALL</b> GYM Kathy	<b>HIIT BOOTCAMP</b>  Paige ROUSE	<b>Biker Blast</b> upstairs JOY  <b>HITT FIT FOR ALL</b> GYM Kathy	<b>HIIT BOOTCAMP</b>  Paige Rouse	<b>Biker Blast</b> upstairs JOY  <b>HITT FIT FOR ALL</b> GYM Kathy
<b>7:00am</b>		<b>Yoga Strength</b> Joy		<b>Yoga Strength</b> Joy	
<b>9:15am</b>	<b>Senior Fit</b> Crissie		<b>Senior Fit</b> Crissie		<b>Senior Fit</b> Crissie
<b>12:10pm</b>	<b>Cycle Fusion</b>		<b>Cycle Fusion</b>		
<b>5:30pm</b>	<b>Hit Strength</b> Tatum	<b>Cycle Fusion</b> Paige	<b>Hit Strength</b> Tatum	<b>Biker Blast</b> Jen	
<b>6:30pm</b>	<b>YOGA</b>	<b>ZUMBA</b>	<b>YOGA</b>	<b>ZUMBA</b>	

\*\*\*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.

**CYCLE FUSION (45 minute calorie killer class)-** Get it all done in one stop! Embark in the fast-paced, sweat fest of indoor cycling and get a great strength and conditioning workout.

**NIGHT YOGA**-Create a mind-body connection with this flowing sequence of poses linked together with deliberate breaths. Yoga postures relate to breath, emphasizing the development of heart, strength, and flexibility.

**TEEN FIT-** For all your teens 12-18 looking to gain strength, speed, agility, and balance. Here is a class that is specifically designed for teenagers, to improve their fitness, strength and conditioning in the most effective way while minimizing injury risk. Our 45-minute classes incorporate functional movements, body weight and weighted movements using equipment, and mobility to build stronger, fitter bodies with improved mobility and flexibility.

**HITT Class for ALL (gymnasium)-** Every class is different to keep it and to keep you coming back. M & F classes consists of five ten-minute segments of strength, cardio, and conditioning. On Wednesday we change it up with two twenty-minute segments of pure sweat with a ten-minute abs segment to end the class.

**ZUMBA** -Get ready to party yourself into shape! Zumba® is an exhilarating, easy-to-follow, international dance inspired, calorie-burning fitness-party™ that will leave you wanting more! Dance your way to a body you love.