

# GROUP FITNESS SCHEDULE

Effective: April 17, 2017 \* SCHEDULE - SUBJECT TO CHANGE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Cycle RT ① 🚴	Combat/CxPress 1	Pump/REV 1 ①	Cycle RT ① 🚴	<b>BODYPUMP</b> 1 ①
8:00am	TAPOUT H2O MP	Gentle Yoga 3	Moderate Moves 2	Deep Water MP	Gentle Yoga 3
8:45am	<b>BODYVIVE</b> 2		Barre Express 3 ①	<b>S&amp;L am Express</b> 1 ①	<b>BODYVIVE</b> 2
9:00am	Aqua Sculpt & Tone LP	Aqua Sculpt & Tone LP	Aqua Sculpt & Tone LP	Aqua Sculpt & Tone LP	Aqua Yoga LP
9:15am	<b>BODYCOMBAT</b> 1 Cycle RT ① 🚴	<b>BODYPUMP</b> 1 ① Step I.T. 2 Cycle RT ① 🚴	Kickbutt Boxing 1 R.E.V. 2 Cycle RT ① 🚴	<b>BODYATTACK</b> 1 Step 45 2 Cycle RT ① 🚴	Cycle RT ① 🚴
9:30am	S & L am 2 ① Barre 3 ①	<b>All Terrain</b> * 4/18-6/6		Hot Yoga 3	<b>SH'BAM</b> 1 Tabata Full Field
9:45am			Aqua <b>ZUMBA</b> MP		
10:00am					Splash ABC MP
10:15am	<b>ZUMBA</b> 1 <b>CXWORX</b> 2 ABSalute Yoga 3		PiYo 2	<b>CXWORX</b> 2	<b>BODYPUMP</b> 1 ①
10:30am		Pilates Mat 2 Hot Yoga 3	Gentle Yoga 3	<b>BODYFLOW</b> 1	YogaFlex 3
1:00pm	<b>BODYPUMP</b> 1 ①	<b>BODYATTACK</b> 1		<b>BODYPUMP</b> 1 ①	
4:45pm	Barre 3 ①	<b>BODYPUMP</b> 1 ①	S & L pm 1	<b>BODYATTACK</b> 1	
5:30pm	<b>CXWORX</b> 1		<b>CXWORX</b> 1	<b>BODYPUMP</b> 1 ①	
6:00pm	<b>BODYATTACK</b> 1 <b>BODYVIVE</b> 2	Tabata 1 PiYo (45) 3	<b>BODYCOMBAT</b> 1 Basic Step 2	R.E.V. 2	
6:15pm	Cycle RT ① 🚴		Cycle RT ① 🚴		
7:00pm	<b>BODYPUMP</b> 1 ① Yoga Flex 3	<b>ZUMBA</b> 1 <b>BODYFLOW</b> 3		<b>BODYJAM</b> 1 Yoga Stretch 3	
7:30pm			Aqua Sculpt & Tone LP	Aqua Sculpt & Tone LP	

Time	Saturday	Sunday
8:00am	Cycle 60 ① 🚴	
8:15am	<b>BODYATTACK</b> 1 Barre Express 3 ①	<b>Cycle 60</b> ① 🚴
8:30am		Pump/CXPress 1 ①
8:45am	Aqua <b>ZUMBA</b> MP	
9:00am	<b>SH'BAM</b> 2	
9:15am	Cycle RT ① 🚴	
9:30am	<b>BODYPUMP</b> 1 ①	<b>BODYCOMBAT</b> 1
10:00am	<b>BODYFLOW</b> 2	
10:30am		YogaFlex 1
4:00pm		Hot Yoga 60 3

\* All Terrain will meet by the side lot (soccer field)

**Inclement Weather - NO CLASS**  
(a decision will be made by 8am and will be posted on Facebook)

**CHANGES HIGHLIGHTED IN YELLOW**

1 = Group Fitness Studio 1  
2 = Group Fitness Studio 2  
3 = Group Fitness Studio 3  
Full Field = SportsFactory Building  
① = Registration Required  
🚴 = Cycling Studio  
MP = Main Pool  
LP = Leisure Pool



## GROUP FITNESS CLASS

### DESCRIPTIONS

**ALWAYS CONSULT WITH THE INSTRUCTOR BEFORE CLASS IF YOU HAVE PHYSICAL LIMITATIONS OR INJURIES.**

**RED INK BELOW INDICATES NEW FORMATS AND/OR CHANGES**

**(☉) Indicates "all level" classes that are a great place to start!**

### ALL LEVELS

#### **Basic Step45 (45 minutes) ☉**

No fancy footwork – basic STEP patterns with options shown for regulating intensity.

#### **Barre (45 minutes) ☉**

A great new studio workout utilizing a ballet barre, light dumbbells, and bands to help build long lean muscles. This class focuses on small, precise muscle movements and isometric holds to sculpt, strengthen and stretch muscles. *Barre Express (30 minutes).*

#### **BODYPUMP (60 minutes)**

It's the "original" Barbell class that will sculpt, tone and strengthen your entire body, fast!

#### **BODYJAM (60 minutes)**

Think dance school...the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.

#### **BODYVIVE (60 minutes) ☉**

BODYVIVE™ is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. (Xpress = 45 min.)

#### **Cycle Road Trip (RT) (45 minutes)**

This indoor cycling class takes you on the road, flats, hills and sprint drills will improve your overall fitness even in the "off season." "60" indicates a 60 minute class. with exercises designed to develop body awareness, stability, and confidence in movement.

#### **Moderate Moves (30 minutes) ☉**

If you're looking for a gentle approach to exercise, then this class is for you! Fundamental cardio patterns are combined with exercises designed to develop body awareness, stability, and confidence in movement.

#### **Pump/REV – (60 minutes) ☉**

A great blend! 30 minutes of BODYPUMP followed by 30 minutes of R.E.V. (*resistance, endurance, variety*).

#### **SH'BAM (45 minutes) ☉**

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged.

#### **Step 45 (45 minutes) ☉**

Not too basic, not too extreme...just right. Intermediate step patterns provide just the right amount of flavor to your cardio workout.

#### **Step I.T. (75 minutes) ☉**

Intervals of cardio step training and conditioning blend together to create a challenging and dynamic workout.

#### **S & L (Strong & Lean - 45 minutes) \***

Not your traditional strength training....get strong and lean with alternative training techniques and tools. A total body blast that changes the way you train.

#### **S & L am Express = 30 minutes**

\*Registration is required for the **AM class only**. For safety reasons, **24 registered class participants will be the maximum**. This will allow

for a better quality workout and class experience.

#### **ZUMBA (60 minutes) ☉**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout, join the party!

**Intermediate to Advanced Levels**

#### **All Terrain (60 minutes)**

Experience group fitness **OUTSIDE!**

A 2- month departure from traditional studio-based training beginning April 18th thru June 6th. This class will meet by the outdoor side field.

- Inclement weather – a decision will be made by 8am Tuesday morning – check our Facebook page or contact the front desk.

#### **LES MILLS BODYATTACK (60 minutes) (Xpress = 45 min.)**

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

#### **LES MILLS BODYCOMBAT (60 minutes)**

This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. (Combat/CXpress 30 minutes of Combat and 30 minutes of CXWORX)

#### **CXWORX (30 minutes)**

At the intersection of science and personal training lies a new kind of group fitness workout...a workout that will tighten and tone your abs, back and butt like nothing else before.

#### **Kickbutt Boxing (60 Minutes)**

An energetic whole body workout using kicks, punches, strikes and blocks to challenge your fitness level and reshape your body. Incorporates contact hits in a drill-based format

#### **PiYO (60 minutes) (Xpress = 45 min.)**

Not your traditional Pilates and Yoga class! A Beachbody format that speeds everything up with a faster tempo. This class focuses on dynamic and flowing sequences to help speed the metabolism. PiYO movements will help lengthen and tone your muscles along with increasing flexibility. Enjoy the benefits of the muscle sculpting element of Pilates, the flexibility of Yoga combined with the nonstop, fluid movements of PiYO!

#### **PUMP/CXpress™ (60 minutes)**

You want it all? Now you can have it all in one class. A combo of BodyPump and CXWORX in a condensed 60 minute format.

#### **R.E.V. (60 minutes)**

Resistance, Endurance, Variety  
A combination class that brings athletic cardio moves together with strength training. The variety will challenge you and keep you coming back for more!

#### **Tabata (45 minutes)**

High Intensity Interval Training using the 20/10 Tabata protocol. Not a class for the weak of mind or body. It will truly challenge you to move to your next level of fitness and performance.

### MIND and BODY

**ABSalute Yoga (60 minutes)** – Not your traditional Yoga class. Enjoy elements of Yoga while focusing on strengthening and toning the abdominals.

#### **BODYFLOW (60 minutes) ☉**

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

#### **Gentle Yoga (45 minutes) ☉**

A gentle approach to Yoga designed for all ages, body types and physical abilities. Improve strength, endurance, flexibility, and balance, while promoting mindfulness and focused awareness.

#### **Hot Yoga (75 minutes)**

##### **(Hot Yoga 60 = 60 minutes)**

An energetic vinyasa style class which synchronizes breath with vigorous movement to give your yoga practice a cardio component. The room temperature is approximately 95 degrees to help allow the muscles to ease into their full range of motion. Yoga experience is recommended, along with a towel, water bottle and your own mat.

#### **Pilates Mat (45 minutes) ☉**

Pilates mat is a series of exercises which focus on the "powerhouse" or core of the body to develop strength, increase flexibility, improve posture and create a balanced physique.

#### **Yoga Stretch(45 minutes) ☉**

This effective recovery class will help improve flexibility, lengthening, balance and stamina. The results can improve performance, injury reduction and faster recovery for everyone and athletes of all levels. The room temperature will be set to 85 degrees to allow the muscles to ease into their full range of motion. This may be what you have been missing in your training regime!

#### **YogaFlex (60 minutes) ☉**

This innovative class is a unique blend of Ashtanga and Hatha Yoga, combined to improve core strength, flexibility, posture, stability and coordination.

### AQUATIC PROGRAMS

#### **Aqua Sculpt & Tone (45 minutes) ☉**

Familiar strength and conditioning exercises in the water. Reshape your body and improve flexibility and balance with or without equipment. This class stays within the recommended *American Arthritis Foundation* water exercises.

#### **Aqua Yoga (45 minutes) ☉**

This class is for all fitness levels! Enjoy Yoga poses in the warmer water to help develop strength, static balance and range of motion.

#### **ZUMBA (45 minutes) ☉**

The "pool party" workout for all ages. Fusing latin-inspired dance moves and fitness with latin rhythms, you will Cumbia, Salsa and Merengue your way to good health.

#### **Deep Water Athletes (45 minutes) ☉**

This class pushes cardiovascular training and core strength to the next level. It's the perfect way to cross train. Geared for the intermediate to advanced fitness enthusiast. Flotation belts provided.

**TAPOUT H2O (45 minutes) ☉** This class is a unique blend of kickboxing and martial arts structured for a fluid workout.

Expect a high intensity, power-packed circuit that fosters strength and grace.

#### **Splash A.B.C. (45 minutes) ☉**

**Aqua Boot Camp** invites participants of all fitness levels to enjoy pool interval training.