# Spring Group Fitness

January 22-May 4

All classes are FREE with Rec membership

**MONDAY**
- 6:30-7:15 am  
  - Cycle 45 (Andy)
- 6:30-7:15 am  
  - H.I.I.T Fit (Taylor)
- 6:30-7:30 am  
  - Rise & Shine Yoga (Mitzi)
- 6:30-7:15 am  
  - Cycle 45 (Lisa)
- 8:30-9:30 am  
  - Jump Start

**TUESDAY**
- 6:30-7:15 am  
  - Cycle 45 (Andy)
- 6:30-7:15 am  
  - H.I.I.T Fit (Taylor)
- 6:30-7:30 am  
  - Rise & Shine Yoga (Mitzi)
- 6:30-7:15 am  
  - Cycle 45 (Lisa)
- 8:30-9:30 am  
  - Jump Start

**WEDNESDAY**
- 6:30-7:15 am  
  - Cycle 45 (Lisa)
- 6:30-7:30 am  
  - Rise & Shine Yoga (Mitzi)
- 8:30-9:30 am  
  - Jump Start

**THURSDAY**
- 6:30-7:15 am  
  - Cycle 45 (Traci)
- 6:30-7:30 am  
  - Rise & Shine Yoga (Mitzi)
- 8:30-9:30 am  
  - Jump Start (Mitzi)

**FRIDAY**
- 6:30-7:15 am  
  - Cycle 45 (Traci)
- 6:30-7:30 am  
  - Rise & Shine Yoga (Mitzi)
- 8:30-9:30 am  
  - Jump Start (Mitzi)

**SATURDAY**
- 10:00-11:00 am  
  - Zumba (Rasann)
- 10:00-11:00 am  
  - Cycle 60

**SUNDAY**
- 5:30-6:30 pm  
  - Cycle 60 (Sydney)
- 6:00-7:00 pm  
  - STRONG by Zumba (Mitzi)

**KEY:**
- Mind & Body – Studio 1
- Cardio & Strength – Studio 2
- Cycling – Studio 3
- Studio 4
Group Fitness - Class Descriptions

Cardio & Strength

**Butz & Gutz:** A fun invigorating class to focus on strengthening and toning your buns with dynamic exercises to slim down your core! (All levels)

**Cardio Hip Hop:** Take your cardio workout to a whole new level by engaging in this fun and energizing hip hop dance party. This class is for everyone, from beginners to dancing pros! (All levels)

**Extreme Core:** An intense 20 minute workout to strengthen and tone the core and back muscles. (All levels)

**H.I.I.T.: (High Intensity Interval Training):** A high intensity, fast paced, total body workout, combining cardio and strength elements. Mixed bursts of high intensity exercise with short recovery periods. (Intermediate/Advanced)

**Jump Start:** A fun, yet less-rigorous aerobics class with lots of variety and functional exercises. For those who want to improve cardiovascular endurance, strengthen joints, increase flexibility, and tone muscles. (Low Impact)

**Pound Fit:** A full-body cardio jam session, combining light resistance with constant stimulated drumming. Workout fuses cardio, Pilates, isometric movements, plyometric and isometric poses into a 45-60 minute series. Burn between 400-90+ calories per hour! (All levels, SPACE IS LIMITED TO 30 PATRONS)

**Strong by Zumba:** A high intensity class that combines body weight, muscle conditioning, cardio and plyometric training moves synced tooriginal music that has been specifically designed to match every single move. (Intermediate/Advanced)

**Total Body Toning:** Tone and sculpt all major muscle groups for a full body strength training. Barbells, various strength training equipment and body weight exercises will be utilized. (All levels)

**Zumba:** Zumba® Fitness is like no other workout you will ever experience! Inspired by traditional cumbia, salsa, samba and meringue music, these international dance steps have been combined to make a cardio/toning class. (All levels)

Cycling

**Cycle 45:** 45-minute indoor cycling class, challenges your endurance and enhances your cardio fitness in less than 1 hour! (All levels)

**Cycle 60:** 60-minute indoor cycling class lets you workout at your own pace and challenge your body like never before! (All levels)

**Cycle & Core:** Follow the instructor through hills, sprints and all out fun while listening to motivational music and slimming down your core. (All levels)

**Cycle Fusion:** A 60-minute workout, split between cycling and H.I.I.T. Class will start in studio 3 with cycling and migrate half way through to studio 4 with your instructor for some H.I.I.T intervals. A fun yet challenging workout to get you sweating and out of your comfort zone! (Intermediate/Advanced)

Mind & Body

**Gentle Yoga:** If you have wanted to start your yoga experience this class focuses on restorative and relaxing basic poses to build your mind/body connection. (All levels)

**Mixed Levels Yoga:** If you would like to polish your current practice or just get started, this class is for you! Class designed to improve posture, flexibility and muscular strength. Class times vary between 60-75 minutes. (All levels)

**Rise & Shine Yoga:** Our morning version of yoga to get your blood flowing and heart pumping! (All levels)

**Pilates:** A mind & body class focused on strengthening, lengthening, stabilizing and isolating the deepest muscles of your core. Breath work linked with movement will leave you feeling stronger and toned. (All levels)

Saturday 10 AM Classes

**Please note on Saturday morning, Yoga and Cycling are all 60 minute classes. The instructors will rotate weekly.**