

# Group Fitness

# Schedule June 5 - June 30



Studio 1



Studio 2



Studio 3

Monday

Tuesday

Wednesday

Thursday

Friday



Stacia

7:30 - 8:30 am  
Rise & Shine Yoga



Stacia

7:30 - 8:30 am  
Rise & Shine Yoga



Greer

8:00 - 8:45 am  
Jumpstart



Greer

8:00 - 8:45 am  
Jumpstart



Greer

8:00 - 8:45 am  
Jumpstart



Abbie

5:30 - 6:15 pm  
Total Body



Tess

5:30 - 6:30 pm  
Mixed Levels Yoga



Abbie

6:30 - 7:15 pm  
Cardio Hip Hop



Abbie

6:30 - 7:00 pm  
Dance Step



Abbie

5:30 - 6:15 pm  
Total Body



Bailey

7:00 - 8:00 pm  
Mixed Levels Yoga



Abbie

6:30 - 7:15 pm  
Cardio Hip Hop



Bailey

7:00 - 7:45 pm  
Pilates

# Group Fitness

# Class Descriptions

Follow us on social media for any schedule changes and other updates!



## Cardio and Strength

**Buttz & Gutz** - A class specific for strengthening and toning all muscles of your lower body and core. *(All levels)*

**Cardio Hip Hop** - Designed for anyone looking to raise their heart rate with the dynamic switches between slow and fast movements. No dance experience needed! *(All levels)*

**Cardio Kick** - Kick, punch, kick, and sweat your way through this a kickboxing inspired workout. *(All levels)*

**Dance Party** - An aerobic workout that incorporates many forms of dance. You will reach a variety of intensities based on the different songs. No dance experience needed! *(All levels)*

**Dance Step** - High energy aerobics with choreography set to the music while utilizing a step to get your heart rate going. *(All levels)*

**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)*

**Total Body** - A variety of strength exercises that target major muscles with some accessory exercises to give you a full body workout. *(All levels)*

## Mind and Body

**Barre** - A hybrid of ballet-inspired moves with different elements of ballet, yoga, and strength training. *(All levels)*

**Gentle Yoga** - A slower paced yoga class. Designed with less intense positions and more meditation focused. *(All levels)*

**Mixed Levels Yoga** - This yoga experience is designed to improve posture, flexibility, and muscular strength and is great for polishing your current practice or helping you begin your yoga journey. *(All levels)*

**Rise & Shine Yoga** - Simple yoga positions with focus on breathing exercises, deep relaxation to increase flexibility, and increased well-being. *(All levels)*

## Cycling

**Cycle 45** - 45 minute indoor cycling class that challenges your endurance and enhances your cardio fitness. *(All levels)*

**Cycle & Core** - This high intensity class will push your cardio endurance as well as challenging your abs. *(All levels)*