








Group Fitness


Schedule August 28 - December 8


-  Studio 1
-  Studio 2
-  Studio 3
-  Performance Zones
-  Kramer 158


Monday


 8:00 - 8:45 am
Jump Start
Mady

 6:15 - 7:00 pm
HIIT
Greer


 6:30 - 7:30 pm
Power Flow
Stacia


 7:00 - 7:45 pm
Cycle 45
Hannah


 7:15 - 7:45 pm
Total Body
Abbie


 8:00 - 8:45 pm
Cardio Hip Hop
Abbie


Tuesday


 6:30 - 7:30 am
Rise & Shine Yoga
Stacia

 5:30 - 6:30 pm
Bootcamp
20 Person Limit
Spencer


 6:00 - 6:45 pm
Barre
Mady


 6:30 - 7:15 pm
Cycle 45
Hannah


 7:00 - 7:45 pm
Pilates
Bailey


 8:00 - 8:45 pm
Gentle Yoga
Bailey


Wednesday

 6:30 - 7:00 am
Cycle 30
Michaela

 12:15 - 12:45 pm
Cycle 30
Hannah


 5:30 - 6:15 pm
HIIT
Greer


 6:30 - 7:30 pm
Zumba
Preshous


 8:00 - 8:45 pm
Cardio Hip Hop
Abbie


Thursday

 5:00 - 5:45 pm
Move & Groove
Kramer 158
Mady

 5:30 - 6:30 pm
Bootcamp
20 Person Limit
Spencer

 6:30 - 7:30 pm
Dance Party
Mady

 6:45 - 7:15 pm
Cycle 30
Michaela

 7:00 - 7:45 pm
Mixed Levels Yoga
Bailey



Group Fitness

Class Descriptions

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



Cardio and Strength

Bootcamp - Welcome to Bootcamp! Get ready to push your limits and have fun. You'll be guided through a dynamic combination of cardio, strength training, and functional exercises to target every muscle group. Whether you're a fitness enthusiast looking for a challenge or a beginner starting your fitness journey, this bootcamp will leave you feeling energized, empowered, and ready to conquer your fitness goals. **20 Person Limit (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)**

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)**

H.I.I.T. - (High Intensity Interval Training) A high-intensity workout that focuses on full-body strength conditioning paired with cardio bursts. **(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)**

Move & Groove - A high energy class that follows a HIIT format choreographed to all your favorite songs! Designed for all levels of fitness, sure to work every major muscle group. **Located in Kramer 158 (All levels)**

Total Body - A format that brings weight training and body sculpting to your whole body in one muscle stimulations workout by using barbells, body weight, and various training equipment. **(Low impact)**

Zumba - Ditch the workout and join the party with this aerobic and fun program featuring movements, music, and rhythms inspired by various styles of Latin flavors and music genres. **(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 to polish your current practice or if you are just getting started with yoga. **(All levels)**

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

Power Flow - Designed to take your practice to the next level for participants who have previously practiced yoga and are looking to build more strength and mind/body connection. Prior yoga experience is highly recommended and encouraged. **(Intermediate/Advanced)**

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

Cycling

Cycle 30 - An express 30-minute indoor cycling class that challenges your endurance and enhances your cardio fitness in 30 short minutes. **(All levels)**

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

