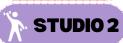
# **FALL 2024**

### **GROUP FITNESS SCHEDULE**

**AUGUST 26th-DECEMBER 6th** 



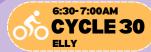




PERFORMANCE ZONES



### **MONDAY**



8:00-8:45 AM
JUMPSTART
GREER

11:30-12:00PM CYCLE 30

5:30-6:15 PM TOTAL BODY STRENGTH

6:30-7:30 PM ZUMBA PRESHOUS

6:30-7:15 PM CYCLE 45 ALLY

6:30-7:30 PM PILATES GREER

#### **TUESDAY**



7:30-8:15 AM
WAKE UP FLOW
PEYTON

5:30-6:15 PM CYCLE 45 MAYA

6:00-7:00 PM CARDIO HIP-HOP KELCIE

6:00-7:00 PM BOOTCAMP ALLY ZONES 4&5

7:15- 8:00 PM PUMPED UP STRENGTH MITZIE

7:30-8:15 PM CYCLE 45 ELLY

8:00-8:45 PM

GENTLE YOGA

ALEXIS

8:30-9:15 PM CARDIO HIP- HOP ABBIE

### WEDNESDAY

CYCLE 30
MICHAELA

7:15-7:45AM WAKE UP FLOW GREER

8:00-8:45 AM CYCLE 45 MAYA

8:00-8:45 AM JUMPSTART GREER

3:30-4:30 pm ZUMBA ALEXIS

5:30-6:15PM STRENGTH & STEP KELCIE

6:30-7:30 PM PILATES GREER

6:30-7:30 PM ZUMBA PRESHOUS

### **THURSDAY**

6:30-7:00 AM CYCLE 30 MAYA

6:30-7:15 AM
PILATES
GREER

7:30-8:15 AM WAKE UP FLOW PEYTON

5:00-5:45 PM PUMPED UP STRENGTH ISABELLA

5:30-6:15 PM INTERMEDIATE YOGA ALEXIS

6:00-7:00 PM CARDIO HIP-HOP KELCIE

> BOOTCAMP ALLY ZONES 4&5

### **FRIDAY**





# FITNESS SATURDAYS 10:00-10:45 AM

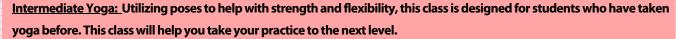
INFORMATION AND SCHEDULE CAN BE FOUND ON OUR ROTATING SATURDAY GROUP FITNESS SCHEDULE!



# **FALL 2024**

## **GROUP FITNESS SCHEDULE CLASS DESCRIPTIONS**

## MIND & BODY



Gentle Yoga: A guided restful yoga practice focused on holding poses for longer duration to help calm your mind and release tension in your muscles. This class will focus on slow movements, breathing techniques, and poses. Embrace the power of rest. (Low - Medium Impact)

Wake Up Flow: A class to get your blood flowing and incorporate stretching into your week!

## CARDIO & STRENGTH



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 or 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 dynamic switches between slow and fast movements. (All levels)

Jumpstart: 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

Zumba: A fusion on Latin and International music and dance themes that create a dynamic and exciting workout to create a cardio/toning class. (All levels)

Pumped Up Strength: All gain no pain! This class consists of compound movements to strengthen both muscle and fascia with beat-driven progressions.

Step & Strength: A step aerobic class that incorporates cardio and weights! This class is meant for anyone who loves to work out to a fun beat while improving their cardiovascular fitness while strengthening muscles.





# CYCLING 5

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 in 45 intense minutes. (All levels)

