


FALL 2024

GROUP FITNESS SCHEDULE

AUGUST 26th- DECEMBER 6th

 **STUDIO 1**







 **STUDIO 3**

 **STUDIO 2**










 **PERFORMANCE ZONES**





MONDAY

-  6:30-7:00AM **CYCLE 30**
ELLY
- 8:00-8:45 AM **JUMPSTART**
GREER
-  11:30-12:00PM **CYCLE 30**
MAYA
-  5:30-6:15 PM **TOTAL BODY STRENGTH**
GREER
-  6:30-7:30 PM **ZUMBA**
PRESHOUS
-  6:30-7:15 PM **CYCLE 45**
ALLY
-  6:30-7:30 PM **PILATES**
GREER






TUESDAY

-  6:30-7:15 AM **CYCLE 45**
MICHAELA
-  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

-  6:30-7:00AM **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
-  6:00-7:00PM **BOOTCAMP**
ALLY ZONES 4&5

FRIDAY

-  7:30-8:15 AM **PILATES**
GREER
-  10:00-11:00 AM **ZUMBA**
ALEXIS

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

Intermediate Yoga: Utilizing poses to help with strength and flexibility, this class is designed for students who have taken yoga before. This class will help you take your practice to the next level.

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

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)