

# SPRING 2025

## GROUP FITNESS SCHEDULE

JAN 27-MAY 9  
TENTATIVE

STUDIO 1 


STUDIO 2 

STUDIO 3 


PERFORMANCE ZONES 


### MONDAY

**BARRE 45**  
SYDNEY  
6:30-7:15AM 

**CYCLE 30**  
RACHEL  
7:00-7:30AM 


**JUMPSTART**  
GREER  
8:00-8:45AM 

**CYCLE 45**  
PEYTON  
5:30-6:15PM 

**PUMPED UP STRENGTH**  
BELLA  
5:30-6:15PM 

**PILATES**  
GREER  
6:00-6:45PM 


**ZUMBA**  
PRESHOUS  
6:30-7:30PM 

**CYCLE 45**  
ELLY  
7:00-7:45PM 


**INTERMEDIATE YOGA**  
ALEXIS  
7:45-8:45PM 


**DANCE BREAKDOWN**  
SYDNEY  
8:00-9:00PM 


### TUESDAY


**CYCLE 45**  
MICHAELA  
6:00-6:45AM 


**PILATES**  
GREER  
6:30-7:15AM 

**CYCLE 30**  
MAYA  
7:00-7:30AM 


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


**INTERMEDIATE YOGA**  
JENNY  
5:00-6:00PM 


**BUTTZ & GUTZ**  
KELCIE  
5:30-6:15PM 


**CYCLE 45**  
MAYA  
5:30-6:15PM 


**BOOTCAMP**  
ALLY ZONES 4/5  
6:00-7:00PM 

**VINYASA YOGA**  
TEYA  
6:15-7:00PM 

**ZUMBA**  
ALEXIS  
6:30-7:30PM 

**CYCLE 45**  
RACHEL  
6:30-7:15PM 

**CYCLE 45**  
HANNAH  
7:30-8:15PM 

**GENTLE YOGA**  
ALEXIS  
7:45-8:30PM 

### WEDNESDAY


**WAKE UP FLOW**  
6:30-7:15AM GREER 

**CYCLE 30**  
MICHAELA  
6:30-7:00AM 

**CYCLE 30**  
7:30-8:00AM ELLY 

**JUMPSTART**  
8:00-8:45AM GREER 

**STRENGTH PILATES**  
6:00-6:45PM GREER 

**ZUMBA**  
PRESHOUS  
6:30-7:30PM 

**CYCLE 45**  
6:30-7:15PM MAYA 

**INTERMEDIATE YOGA**  
ALEXIS  
7:45-8:45PM 

**CARDIO HIP-HOP**  
8:00-9:00PM KELCIE 


### THURSDAY

**BARRE 30**  
SYDNEY  
6:30-7:00AM 

**CYCLE 30**  
6:30-7:00AM MAYA 

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

**PUMPED UP STRENGTH**  
5:30-6:15PM BELLA 

**BOOTCAMP**  
ALLY ZONES 4/5  
6:00-7:00PM 

**GENTLE YOGA**  
7:45-8:30PM ALEXIS 

**CARDIO HIP-HOP**  
8:00-9:00PM KELCIE 

### FRIDAY

**CYCLE 30**  
7:00-7:30AM RACHEL 



### FITNESS SATURDAYS

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



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# SPRING 2025

## GROUP FITNESS DESCRIPTIONS



**Cat Trax**  
Where will your journey take you?



### 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!

**VINYASA YOGA:** CLASS IS A DYNAMIC PRACTICE THAT LINKS BREATH TO MOVEMENT, GUIDING PARTICIPANTS THROUGH A SEQUENCE OF POSTURES IN A SMOOTH, FLOWING MANNER. THIS CLASS WILL HELP YOU BUILD STRENGTH, FLEXIBILITY, AND MINDFULNESS WHILE CREATING A MEDITATIVE RHYTHM THROUGH CONTINUOUS TRANSITIONS AND INTENTIONAL BREATHING.

**BARRE:** A HYBRID OF BALLET-INSPIRED MOVES WITH DIFFERENT ELEMENTS OF BALLET, YOGA, AND STRENGTH TRAINING. (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)

**STRENGTH PILATES:** A DYNAMIC MIND & BODY CLASS TO BUILD STRENGTH, IMPROVE FLEXIBILITY, AND ENHANCE CORE STABILITY. BY COMBINING FOCUSED BREATHWORK WITH CONTROLLED MOVEMENTS, THIS CLASS WILL TARGET YOUR CORE AND INCLUDE SOME FULL BODY STRENGTHENING EXERCISES TO HELP YOU FEEL STRONGER AND MORE BALANCED. (ALL LEVELS)

### CARDIO & STRENGTH

**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.

**DANCE BREAKDOWN:** A HIGH-ENERGY CLASS THAT COMBINES FUN CHOREOGRAPHY WITH STEP-BY-STEP INSTRUCTION. LEARN AND MASTER DANCE MOVES AS THEY ARE BROKEN DOWN, THEN PUT IT ALL TOGETHER TO SHOWCASE YOUR SKILLS. PERFECT FOR ANYONE LOOKING TO MOVE, GROOVE, AND SHINE! (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 IN 45 INTENSE MINUTES. (ALL LEVELS)

### 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)



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