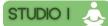
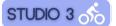
SPRING 2025 GROUP FITNESS SCHEDULE











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:I5PM



PUMPED UP STRENGTH



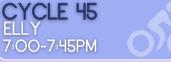




ZUMBA **PRESHOUS**



6:3O-7:3OPM



INTERMEDIATE YOGA

AI FXIS 7:45-8:45PM

DANCE BREAKDOWN SYDNEY 8:00-9:00PM

TUESDAY

CYCLE 45 MICHAELA 6:00-6:45AM



CYCLE 30 MAYA

PLATES GREER 6:30-7:15AM

7:00-7:30AM



WAKE UP FLOW

PEYTON 7:30-8:I5AM



INTERMEDIATE YOGA

JENNY 5:00-6:00PM

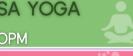




CYCLE 45 MAYA 5:30-6:I5PM



VINYASA YOGA TEYA 6:15-7:00PM





ZUMBA ALEXIS 6:30-7:30PM





CYCLE 45 HANNAH 7:30-8:I5PM



WEDNESDAY

WAKE UP FLOW 6:30-7:15 AM 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** 6:3O-7:3OPM

CYCLE 45 6:30-7:I5PM MAYA

INTERMEDIATE YOGA ALEXIS 7:45-8:45PM

CARDIO HIP-HOP 8:00-9:00PM KFLCIE

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!







SPRING 2025 GROUP FITNESS 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! 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 >

<u>CARDIO HIP-HOP:</u> 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)

<u>PUMPED UP STRENGTH:</u> 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



