

SPRING 2025

GROUP FITNESS SCHEDULE

APRIL 7- MAY 9


STUDIO 1 


STUDIO 2 


STUDIO 3 

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 

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 

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)



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