



Group Fitness Schedule – Week of August 31st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	Ruck 5:30-6:15 – Gym Caleb	Ruck 5:30-6:15 – Gym Caleb	Ruck 5:30-6:15 – Gym Caleb	Ruck 5:30-6:15 – Gym Caleb	Ruck 5:30-6:15 – Gym Caleb		
6AM	Cardio Strength 5:30-6:15 Sherrie	Fierce & Fit 5:30-6:15 Jill	Cardio Strength 5:30-6:15 Sherrie	Fierce & Fit 5:30-6:15 Jill	Cardio Strength 5:30-6:15 Sherrie		
7AM							
8AM							
9AM	Fit, Fun & Function 8:30-9:30 Haley	HIIT & Fit 8:30-9:30 Whitney	Step Aerobics 8:30-9:30 Maranda	HIIT & Fit 8:30-9:30 Whitney	Low, Slow Flow 8:30-9:30 Whitney		
10AM	Active & Ageless 10:00-11:00 Y360		Active & Ageless 10:00-11:00 Y360		Active & Ageless 10:00-11:00 Megan		
11AM	Water Aerobics 10:00-11:00 – Pool Julie						
	Enhance Fitness 11:15-12:15 Y360		Enhance Fitness 11:15-12:15 Y360		Enhance Fitness 11:15-12:15 Megan		
12PM							
1PM							
2PM							
3PM				Cycling 4:30-5:15 Sharon			
4PM	Kids Jiu-Jitsu 4:30-5:30 – Gym Warren			Kids Jiu-Jitsu 4:30-5:30 – Gym Warren			
5PM	Jiu-Jitsu 5:30-6:30 – Gym Warren	Cycling 4:30-5:15 Sharon	Yoga Fit 4:30-5:30 Carrie	Jiu-Jitsu 5:30-6:30 – Gym Warren			
6PM	Cardio Sculpt 5:30-6:15 Haley			Yoga Power Fusion 5:30-6:15 Julie			
7PM							



GROUP FITNESS CLASS DESCRIPTIONS

Active & Ageless – A fitness training program designed with your long-term health and longevity in mind. This program can help you restore your functional strength, power and balance. Beginner to intermediate fitness levels.

Brazilian Jiu-Jitsu – A grappling based martial art whose central theme is the skill of controlling a resisting opponent. No GI is required and open to all levels of experience.

Cardio Circuit – This class is a combination of low to high-intensity aerobics, resistance training and designed to be easy to follow. It will give you a great workout, target fat loss, aid in muscle development and heart-lung fitness. All fitness levels.

Cardio Sculpt – A high energy full body workout that combines aerobic cardiovascular exercise with targeted strength training and toning. All fitness levels.

Cycling – Spin your way through a high energy and fun cardio workout. Bike work focuses on leg strength and cardiovascular endurance. All fitness levels.

Enhance Fitness – Cardiovascular, strength training, balance and flexibility exercises. Fosters strong social relationships between participants. Low-impact and geared toward adults, especially those with a chronic condition, such as arthritis.

Fierce & Fit – Strength and cardio workout using light weight to moderate weights utilizing dumbbells and barbells to increase endurance and strength. All fitness levels.

Fit, Fun & Function – This challenging class will help progress your fitness level through a wide range of class formats, training tools, and motivation. Each class will provide something new to keep you fit, functioning well and having fun. All fitness levels.

HIIT & FIT – This interval-based class combines strength training with high intensity cardio and active rest. It is designed to get your heart rate up and improve your strength and endurance. All fitness levels.

Low, Slow Flow– Wind down the week with this gentle-on-the-joints class that blends yoga, Pilates-inspired techniques, balance, stretching, and intuitive movement. Explore new ways to challenge your body and your mind. All fitness levels.

Power Yoga Fusion– Blend body weight exercises with yoga asanas to power up your training. Practice flowing sequences that target core, balance, & flexibility then end the session with focused breathing and relaxation. All fitness levels.

Step Aerobics – A cardio workout that uses a raised platform to strengthen muscles and increase heart rate. All fitness levels.

Vinyasa Flow– These classes blend meaningful intentions, a touch of challenge, and restorative savasanas. All fitness levels.

Yoga Fit – The YogaFit style helps to tighten and tone the entire body, enhances balance, improves flexibility and builds core strength by combining traditional fitness training, focused breathing and strength building. All fitness levels.

Yoga Power Fusion – This blends bodyweight exercises with yoga asanas. Practice flowing sequences that target core, balance & flexibility with focused breathing and relaxation to close out the session. All fitness levels.