



Group Fitness Schedule – Week of March 9th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	Ruck 5:30-6:15 – Gym Caleb	Fierce & Fit 5:30-6:15 Jill	Ruck 5:30-6:15 – Gym Caleb	Fierce & Fit 5:30-6:15 Jill	Cardio Strength 5:30-6:15 Sherrie		
6AM	Cardio Strength 5:30-6:15 Sherrie	Vinyasa Flow Yoga 6:30-7:15 Jordyn	Cardio Strength 5:30-6:15 Sherrie				
7AM							
8AM	Fit, Fun & Function 8:30-9:30 Julie	HIIT & Fit 8:30-9:30 Julie	Step Aerobics 8:30-9:30 Maranda	HIIT & Fit 8:30-9:30 Jordyn	Low, Slow Flow 8:30-9:30 Megan	Vinyasa Flow Yoga 8:00-8:45 Jordyn	
9AM						Cycling 9:00-9:45 Nina	
10AM	Active & Ageless 10:00-11:00 Megan		Active & Ageless 10:00-11:00 Megan		Active & Ageless 10:00-11:00 Megan		
11AM	Enhance Fitness 11:15-12:15 Megan		Enhance Fitness 11:15-12:15 Megan		Enhance Fitness 11:15-12:15 Megan		
12PM							
1PM							
2PM							
3PM							
4PM	Brazilian Jiu-Jitsu 4:30-5:30 – Gym Warren	Cycling 4:30-5:15 Nina	Yoga Fit 4:30-5:30 Carrie	Brazilian Jiu-Jitsu 4:30-5:30 – Gym Warren		Beginner Cycling 4:30-5:15 Bruce	
5PM		Strength & Stretch 5:30-6:15 Nina		Cycling 4:30-5:15 Nina			
6PM	Yoga Flow 5:30-6:30 Jordyn			Kids Jiu-Jitsu 5:30-6:30 – Gym Warren			
7PM	Kids Brazilian Jiu-Jitsu 5:30-6:30 Warren			Yoga Power Fusion 5:30-6:15 Julie			



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.

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.

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

Strength & Stretch – Is designed to build muscular strength and improve flexibility in one workout. Combining resistance exercises (bodyweight, weights, or bands) with yoga- or Pilates-inspired stretching. 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.