

# Group Fitness Class Schedule:

## Week of September 1st- 7th



TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0930- 1020	SFH	H O L I D A Y	TRX- Andrew	IStroll- Meg	TRX- Andrew	IStroll- Maddie	
	McVeigh					WA- Staff	
	Jensen		BARRE- Maxine	Cycle- Andrew	BARRE- Maxine	Pilates- Maxine	
1030- 1120	Jensen		Yoga- Birgit		Yoga- Birgit	CANCELED	
	McChord						Zumba- Gemma
1130- 1220	Wilson						
	Jensen		SN- Rhachel	HIIT- Rhachel	Zumba- Rhachel	Zumba- Gemma	
	McChord			Zumba- Gemma			
1730- 1820	Wilson				SF- Rino		
	McVeigh			ST- Caitlin		ST- Caitlin	
	Jensen		CK- Jackie	Zumba- Gemma	Yoga Sculpt- Ivy		
1830- 1920	McVeigh						
	Jensen						

**\*ALL CLASSES SUBJECT TO CHANGE\* MOST UP TO DATE SCHEDULE IS POSTED AT EACH FACILITY**

**CS: Cardio & Strength** - A total body workout combining all elements of fitness; cardio, muscle conditioning, coordination, balance and flexibility.

**CK: Cardio Kickboxing** - High energy martial-arts inspired, full body workout focusing on core training, developing coordination, agility & speed

**Cycle** - Using a special stationary bike, class focuses on endurance, strength, intervals, high intensity and recovery phases.

**HIIT** - High Intensity Workout incorporating cardio, free weights and body weight.

**I Stroll**- Parent and kid friendly Fitness Bootcamp, fitness for the whole family. Additional FEE for this class.

**SN: Strong Nation** - Zumba based workout combining body weight, muscle conditioning, cardio and plyometric training moves.

**SF: Stick Fight Martial Arts** - A combination of traditional martial arts movements using stick-fighting techniques.

**ST: Strength Training**- Emphasis on form and technique while gaining strength and confidence in the 3 major lifts in a friendly upbeat environment.

**TRX**- Suspension training that leverages body weight to develop strength and stability.

**WA: Water Aerobics**- A low-impact class that is designed to improve joint stability, coordination, heart health and strength.

**Yoga** - Combining physical exercises, meditation, and breathing techniques to strengthen muscles and relieve stress.

**Yoga Sculpt**- High energy fitness class, combining principles of yoga with strength training and cardiovascular workouts.

**Zumba** - Dance to great music, with great people, and burn a ton of calories without even realizing it!