

# Group Exercise - Studio 1



PROHEALTH WEST WOOD  
HEALTH & FITNESS CENTER

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	BodyPump	Intervals	Glide/Strength (5:15am)	Cardio Kickboxing	BodyPump		
6:45am	Core Express		Core Express		Core Express		
8:00am	Cardio/Tone	BodyVive	Total Barre	BodyVive	Beyond Barre (8:30 )	BodyPump	Beyond Barre (8:30)
9:00 am	BodyCombat	STRONG by Zumba	BodyCombat	Beyond Barre	Stretch Express (9:30) <hr/> Intervals (In Gym)	Cardio Kickbox	
10:00am	BodyPump	Zumba Gold	BodyPump	Zumba Gold	BodyPump	Zumba (In Gym)	Cardio Kickbox (10:15)
11:00am	Structurally Strong (11:10)	Zumba Toning	Structurally Strong (11:10)	Zumba Toning	Structurally Strong (11:10)		
4:30pm	STRONG By Zumba	Intervals (In Gym) (4:45)		Intervals			
5:30pm	Core Express	BodyPump	BodyVive (5:15pm)				
6:00pm	Cardio Kickbox		STRONG By Zumba (6:15)	BodyPump			
6:30pm	Zumba (In Gym)	Zumba Toning					
7:00pm	Beyond Barre <b>Begins 2/26</b>		Total Barre (7:30)				

Schedule is subject to change with out notice. An average of 6 members are needed for a class to be continued.  
All classes are 55 minutes long unless otherwise indicated. Express and HIIT classes are 30 minutes long.

**Revised 2/09/2018**

## Classes included in your membership

### HIIT Tread

This 30 minute high intensity interval training treadmill class is perfect for the avid runner, walker, and everyone in between.

### BodyCombat – Les Mills

This empowering cardio workout is inspired by martial arts including karate, boxing, taekwondo, tai chi, and muay thai. Supported by driving music and a powerful role-model instructor, you will strike, punch, kick, and kata your way through calories to superior cardio fitness!

### BodyPump– Les Mills

The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

### BodyVive 3.1 – Les Mills

If you want the optimal mix of strength, cardio and core training this is it. Step into a BODYVIVE™ 3.1 class and you'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living.

### Structurally Strong

This class is geared for those with osteoporosis, although anyone is welcome to attend. Join in our activity program for stronger bones and a stronger structure.

### HIIT and Core Express

These quick paced half hour long class formats will allow you to get in a fantastic cardio work out following with core strengthening to allow you to get in a great workout that will burn a ton of calories.

### Stretch Express

Make stretching a regular part of your routine with this 30 minute class! This safe and functional stretching class helps release muscle tension preparing for a more effective workout, greater movement, and improved posture and balance. This is a great class for all ages and ability.

### Cardio/Tone

Blend it all - Cardio, strength, flexibility, toning, aerobic steps, circuit and interval training with so much more. This class is great for all fitness levels you can make it what you need it to be.

### Zumba

Zumba is an aerobic dance class full of Latin and other exotic music flavors. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba targets areas such as the gluts, legs, arms, abdominals and the most important muscle of the body - the heart! The sexy and explosive Latin rhythms create a party-like atmosphere that delivers results!

### STRONG by Zumba

This challenging music driven high intensity interval training work out will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.

### Zumba Gold

Zumba Gold is performed at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music and dance are used. The Zumba® Gold program takes physical issues into consideration and strives to improve balance, strength, flexibility.

### Zumba Toning

If you love Zumba, you'll love Zumba Toning! Blend body sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

### Beyond Barre

Beyond barre is a unique body transformation workout that combines skating motions and ballet barre work. This class will burn fat, build lean muscle, tone your abdominals, and sculpt your body.

### Intervals

Playground fun with boot camp results! This class combines high intensity cardio intervals with strength training drills, burning fat while increasing core stability, coordination, strength and muscular endurance. Get ready to build a better you!

### Core Express

Thirty Minutes of working, shaping, and sculpting the core! This fast paced class is sure to work your abdominals, oblique's, and back.

### Total Barre

Never dread a workout again! TotalBarre's lively and vigorous workout will have you looking forward to your next class. This workout flows through high-powered sequences that specifically target the arms, legs, and core resulting in a long and lean physique. (Please wear sticky socks or bare feet)

### Cardio Kick Box

Cardio Kick Box is an all-encompassing workout that maintains high levels of aerobic performance to get your heart pumping. The class combines interval training with boxing moves and kicking maneuvers designed to maximize athletic performance

### Glide/Strength

This class is perfect for your mid week recovery. With the use of light weights and body weight you will tone your legs and arms as well as strengthen your core. This class is perfect for all ages and abilities