

# Group Exercise - Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	<b>BodyPump</b> (Meghan)				<b>Strength Intervals</b> (Norma)		
8:00am		<b>Beyond Barre</b> (Barb)	<b>Intervals</b> (Chris)		<b>Functional Strength and Balance</b> (Elizabeth)	<b>BodyPump</b> (Yvonne)	
9:00am	<b>Zumba</b> (Sharon)	<b>STRONG</b> (Jen)	<b>BodyCombat</b> (Natalie)	<b>Total Barre</b> (Elizabeth)	<b>BodyCombat</b> (Natalie)	<b>Cardio Kickboxing</b> (Sarah)	<b>Body-Combat</b> (9:30) (Rotation)
10:00a	<b>BodyPump</b> (Sharon)	<b>Zumba Gold</b> (Sharon)	<b>BodyPump</b> (Sharon)		<b>BodyPump</b> (Natalie)	<b>Zumba</b> (Sharon/Jen) In the gym <hr/> <b>Core/Stretch Express</b> (Sarah)	
11:00a	<b>Structurally Strong</b> (Shelly) (11:15)		<b>Functional Strength and Balance</b> (Laury) (11:30)		<b>Structurally Strong</b> (11:15) (Lisa/Chris)		
4:30pm	<b>BodyPump</b> (Yvonne) <b>(4:50)</b>		<b>Beyond Barre</b> (Shelly) <b>(4:25)</b>				
5:30pm		<b>Cardio Kickboxing</b> (Sarah)	<b>STRONG 30</b> (Jen) <b>(5:25)</b>	<b>Beyond Barre</b> (Shelly) <b>(5:00)</b>			
6:30pm	<b>Zumba (6:00)</b> (Nikki)	<b>Core/Stretch Express</b> (Sarah)	<b>BodyPump (6:00)</b> (Yvonne)				

- All Classes are 55 minutes unless it is designated as an express class.

- All express classes are 25-30 minute classes.

**Revised: 11/29/2022**

These classes are included in your membership

## 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!

## Cardio Balance

This class is designed to work on balance and muscle toning with bursts of cardio, to improve mental sharpness and coordination. This class is great for all fitness levels and can be modified for all abilities.

## 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.

## Strength Circuits

This strength class is designed to provide full body strength movements in stations with timed intervals for each movement. With small cardio bursts and or active recovery between strength sets this great new format will help to build lean muscle mass all while building comradery with your fellow class mates.

## 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

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.

## STRONG 30 (express)

“A high intensity workout that offers total body challenge and tone in a time saving boot camp style HIIT format that is synchronized to motivating and powerful music.”

## 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.

## Boot Camp

Bootcamp combines a variety of high intensity cardio intervals with strength training drills to burn fat while increasing core stability, coordination, strength and muscular endurance. Get ready to build a stronger, fitter you!

## Core /Stretch Express

This quick paced half hour long class format will allow you to get in a fantastic core strengthening session to allow you to target your core and back as well as get a quality stretch in after working your muscles. This is the perfect start or end to you a class!

## Total Barre

Never dread a workout again! Total Barre'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

## 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.