

## MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:45 AM	Bodypump™	Studio 5	Mary
8:30 AM	Gentle Yoga	Studio 3	Constance
9:00 AM	Golden Sneakers Dynamic	Studio 6	Mark
9:35 AM	Slow Flow Yoga	Studio 3	Constance
10:00 AM	Bodyblast	Studio 2	Brynne
12:00 PM	Golden Sneakers Total Body	Meet in Fitness Center	Dodi
5:30 PM	Tai Chi Flow	Studio 3	Carol
6:00 PM	Piloxing™	Studio 5	Taylor
6:05 PM	Slow Flow Yoga	Studio 3	Meghan
6:15 PM	Cycle-45	Studio 4	Tom
6:30 PM	TRXplosion	TRX Arena	Jason
7:00 PM	Zumba™	Downtown Stage	Tiffany

## TUESDAY

6:00 AM	Cycle-45	Studio 4	Preya
7:00 AM	20-Min H.I.I.T.	Basketball Court	Brynne
8:30 AM	TRXpress	TRX Arena	Brynne
9:00 AM	Gentle Yoga	Studio 3	Sandi
9:00 AM	Trail Mix	Fitness Ctr. Treadmills	Robbie
9:00 AM	Fab Abs	Studio 2	Sarah C.
9:30 AM	Bodypump™	Studio 5	Sarah C.
10:05 AM	Zumba™	Studio 3	Monica
11:00 AM	AquaFit	Adult Pool	Brynne
5:15 PM	Roll~Release~Restore	Studio 3	Mark
6:00 PM	Mat Pilates	Studio 3	Jill
6:00 PM	Trail Mix	Fitness Ctr. Treadmills	Jason
6:30 PM	Cycle-30	Studio 4	Margot
7:00 PM	Piloxing Knockout™	Studio 2	Taylor
7:00 PM	AquaFit	Adult Pool	Jason
7:10 PM	Fab Abs	Studio 5	Dodi

## WEDNESDAY

6:15 AM	Les Mills Grit™	Studio 2	Evelyn
7:00 AM	Bodypump™	Studio 5	Mari
9:00 AM	Track Intervals	DHAC Track	Jason
9:00 AM	B.G.X.	Studio 2	Sarah C.
9:30 AM	Amazing Arms	Studio 2	Sarah C.
10:00 AM	Golden Sneakers Dynamic	Studio 6	Mark
10:00 AM	Vinyasa Yoga	Studio 3	Heather
11:00 AM	AquaFit	Adult Pool	Evelyn
11:05 AM	Mat Pilates	Studio 3	Dodi
12:00 PM	Tai Chi Flow	Studio 3	Carol
12:15 PM	Golden Sneakers TRX	TRX Arena	Guy
5:00 PM	Step & Core	Studio 5	Jill
5:30 PM	Amazing Arms	Studio 2	Tom
6:00 PM	Vinyasa Yoga	Studio 3	Constance
6:00 PM	TRXpress	TRX Arena	Brynne
6:15 PM	Bodypump™	Studio 5	Jill
6:15 PM	Cycle-45	Studio 4	Tom
7:00 PM	Zumba™	Downtown Stage	Tiffany
8:00 PM	Mat Pilates Basics	Studio 3	Robbie

## THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00 AM	Cycle-45	Studio 4	Preya
7:00 AM	Vinyasa Yoga	Studio 3	Liz A.
8:30 AM	TRXpress	TRX Arena	Brynne
9:00 AM	Fab Abs	Studio 2	Taylor
9:00 AM	Gentle Yoga	Studio 3	Sarah H.
9:00 AM	Trail Mix	Fitness Ctr. Treadmills	Jason
9:30 AM	Bodypump™	Studio 5	Taylor
10:05 AM	Zumba™	Studio 3	Monica
11:00 AM	AquaFit	Adult Pool	Taylor
11:10 AM	Golden Sneakers Stretch	Studio 3	Jason
4:00 PM	Roll~Release~Restore	Studio 3	Taylor
6:15 PM	Les Mills Grit™	Studio 2	Evelyn
6:15 PM	Vinyasa Yoga	Studio 3	Audrey
6:30 PM	Cycle-45	Studio 4	Amy
7:30 PM	Slow Flow Restorative Yoga	Studio 3	Audrey

## FRIDAY

8:30 AM	20-Min H.I.I.T.	Basketball Court	Sarah C.
9:00 AM	B.G.X.	Studio 2	Sarah C.
9:30 AM	Cycle-60	Studio 4	Robbie
9:30 AM	Vinyasa Yoga	Studio 3	Heather
11:00 AM	AquaFit	Adult Pool	Sarah C.
5:30 PM	Abs X-press+	Studio 2	Robbie

## SATURDAY

8:30 AM	TRXplosion	TRX Arena	Sarah C.
9:00 AM	Piloxing™	Studio 5	Brittanie
9:00 AM	Cycle-60	Studio 4	Margot
9:00 AM	Vinyasa Yoga	Studio 3	Meghan
10:00 AM	Zumba™	Downtown Stage	Tiffany
10:05 AM	Yin Yin Yoga	Studio 3	Phoenix
10:15 AM	Bodypump™	Studio 5	Sarah C.
10:15 AM	Amazing Arms	Studio 2	Brynne
11:00 AM	AquaFit	Adult Pool	Brynne
11:15 AM	Slow Flow Yoga	Studio 3	Phoenix

## SUNDAY

8:00 AM	Gentle Yoga	Studio 3	Victoria
9:00 AM	Cycle-60	Studio 4	DHAC Cycle Instructor
9:05 AM	Vinyasa Yoga	Studio 3	Victoria
10:00 AM	Les Mills Grit™	Studio 2	Evelyn
10:00 AM	Aqua Zumba™	Adult Pool	Monica
10:30 AM	Power Yoga	Studio 3	Phoenix
11:00 AM	Amazing Arms	Studio 2	Mark

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# Group Fitness

## FALL CLASS SCHEDULE

September 24 - December 23



All Classes  
Included in Your  
MEMBERSHIP

## GROUP FITNESS NEED TO KNOWS

- You must be at least 14 years old to participate. In order to participate in aquatic classes, you must be at least 16 years old.
- All classes run on a first come, first serve basis (Barre requires sign up). Please do not reserve spots or equipment for anyone other than yourself. Studios will be open 10-15 minutes prior to the start of class.
- Please refrain from wearing fragrances in the studios
- Schedule is subject to change. Changes will be posted at the GF info center and on our website/social media.
- There will be no Saturday Zumba on October 13, November 10, December 8.
- Classes will be held with a minimum of 3 participants. Classes with fewer than 5 participants on a consistent basis will be placed under review.

## CARDIO

**LES MILLS GRIT™:** A 30-minute high-intensity interval training (HIIT) workout designed with short rounds of high-intensity exercise followed by periods of strategic recovery. You will increase your aerobic fitness, grow lean muscle, and burn calories for hours after your workout! Get FIT FAST with GRIT!

**TRAIL MIX:** A 30-minute treadmill class designed for all levels. Work up a sweat to upbeat music during your uphill journey!

**AQUAFIT:** Aquatic based exercises that focus on toning your muscles and burning calories all while minimizing the stress on your joints! Classes will use 2 lanes in the adult lap pool. Pool noodles and water dumbbells will be sporadically incorporated. This class is 60 minutes.

**CYCLE 30/45/60:** The number represents the length of the class! With 3 class length options and some amazing instructors, you will definitely find your fit! Burn calories, sweat, and cycle your way to better health as you are guided through the ride of a lifetime!

**STEP & CORE:** "Old-school" Step is revived with these easy to do moves up, over, and around the step! Burn calories, improve coordination, strengthen legs and glutes, and finish it off with core work! Keep the impact low or amp it up for that metabolic burn! All levels welcome! This class is 60 minutes.

## Group Fitness Class Descriptions

**20-Min H.I.I.T:** You read that right; 20 minutes! High Intensity Interval Training that will leave you sweaty, tired, and with an amazing sense of accomplishment! You'll be humbled by how you feel using bodyweight! Intense bursts of exercise followed by short bouts of active recovery.

**ZUMBA™:** Join the party! This 60-minute class is designed to bring people together to sweat it on! Enjoy the Latin and world rhythms as you combine all the elements of fitness for an amazing good time, a super effective workout, and a crazy boost of energy!

**AQUA ZUMBA™:** Make a 60-minute splash with low-impact, high energy aquatic exercise with your favorite Zumba™ dance moves in the pool! Let loose with the Latin and world rhythms and tone up using the natural resistance of the water!

**BODYBLAST:** Burn it off and tone it up! This class offers a different focus each time. Using steps, barbells, dumbbells, and floor work, your body will be blasted with strength, cardio, and core work. This class is 45 minutes.

**PILOXING®:** Mixing Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout, this 60-minute class is guaranteed to whip you into shape.

**TRACK INTERVALS:** A 30-minute interval training class on the indoor track. You'll run, you'll walk, and yup - you'll sprint! Have fun!

## STRENGTH

**BODYPUMP™:** This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. Wednesday's 6:15 class will run as a 45 minute version!

**FabAbs:** Fire up your core! This 20-minute class will tighten your stomach and shape your obliques. Lower abdominal burn? Yea, we got that!

**ABS X-PRESS + :** Fab Abs combined with lower back work and a blast of cardio for that total body burn! This class is 30 minutes.

**AMAZING ARMS:** Because who DOESN'T want those?! Using dumbbells and barbells your arms will be tank top ready after taking this class. Define your bi's, tri's and delts in this 30-minute class.

**GOLDEN SNEAKERS:** There are 4 versions to choose from! Total body (45 min) will surprise you each time with cardio, strength, and flexibility training. TRX (45 min) will introduce you to

the TRX suspension trainer and focus on total body strength and core work. Stretch (45 min) will loosen your muscles and relax your mind. Dynamic (30 min) will use soft dumbbells to improve strength and balance through dynamic movement. Each format is ideal for beginners to exercise.

**B.G.X.:** Butts & Guts Xpress! 30 minutes of hard-core booty blasting work combined with abdominal moves to firm that midsection and lift your glutes!

**PILOXING KNOCKOUT®:** A 45-minute workout influenced by plyometrics, sports conditioning drills, and functional training. Increase your fitness level, boost your confidence, break boundaries, and gain results!

**TRX® CLASSES:** TRX® suspension training leverages gravity and your bodyweight to perform exercises. Get stronger, leaner, and challenge your core! Our Xplosion class is 60 minutes and will bring the heat by challenging you even more with H.I.I.T. training and weights. Our Xpress class 30 minutes.

## MIND & BODY

**MAT PILATES:** Lean out your physique through proper body alignment and balance. You will use your bodyweight and be guided through proper breathing and muscle recruitment to safely achieve optimal strength, flexibility, and endurance without adding bulk. This class is 45 minutes.

**POWER YOGA:** A challenging system of physical and mental exercise that will improve flexibility, balance, and whole-body strength. This will also emphasize proper breathing, stretching, and special postures to help manage stress. Prior yoga experience is recommended. This class is 60 minutes.

**SLOW FLOW YOGA:** This 60-minute class breaks down yoga poses and is ideal for new yogis. Restorative and relaxing, this class will break up your normal routine and allow your body to work and your mind to open.

**ROLL~RELEASE~RESTORE:** Keep it simple! This 30-minute total body stretch class is what your tight muscles are begging for! Foam rolling will be included which can help with sore muscles, increase blood flow, and create better mobility.

**TAI CHI FLOW:** An experience unlike anything else! Spend 30 minutes slipping into Qi flow, and learn the ancient art of Qi Gong all while experiencing gentle Tai chi moves and meditation.

**VINYASA YOGA:** Strengthen and stretch your muscles and stimulate and encourage proper function of internal organs. You will also gain emotional and spiritual well-being. This class is perfect for all levels. Namaste. This class is 60 minutes.

**GENTLE YOGA:** Learn, execute, and practice yoga poses and techniques without having to turn into the proverbial yoga pretzel. Chairs are available in the studio. This class is 60 minutes.

**YIN RESTORATIVE YOGA:** Class begins with Vinyasa flow, heat building poses (asanas) and breath practices (pranayama). You'll transition into the cooling stillness of yin poses to achieve a balanced state. Yin yoga emphasizes long passive holds to target joints and connective tissues to increase circulation and improve flexibility. Suitable for students with some prior yoga experience. This class is 60 minutes.