



# GROUP FITNESS SCHEDULE

## JUNE 2019

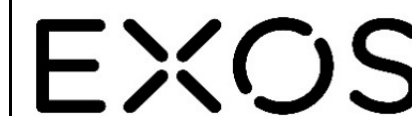
### STUDIO KEY

- ULS Upper Level Studio
- LLS Lower Level Studio
- CS Cycling Studio
- QX Queenax
- TR Treadmill
- OS Outdoors

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	6:15-7:15 <b>SPIVI®</b> CS Amber 7:15-8:00 <b>Bootcamp</b> ULS Sarah Schutt	6:15-7:15 <b>Spinning®</b> CS Kristin 7:15-8:00 <b>Gentle Yoga</b> LLS Michelle 10:30-11:00 <b>HIIT and Run</b> TR Michael Roman	6:15-7:15 <b>Spinning®</b> CS Wendy 6:15-7:15 <b>Morning Core Flow</b> LLS Stephanie 6:30-7:30 <b>RUN CLUB</b> OS EXOS Fitness Coach 7:15-8:00 <b>Total Body Fitness</b> ULS Ally	6:15-7:15 <b>SPIVI®</b> CS Kristin 6:45-7:30 <b>Boot Camp</b> ULS Marell 7:15-8:00 <b>Gentle Yoga</b> LLS Michelle 10:30-11:00 <b>HIIT and Run</b> TR Michael Roman		8:30-9:30 <b>Spinning®</b> CS Chase 9:00-10:00 <b>Vinyasa Flow Yoga</b> LLS Megan 10:00-10:45 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach	10:30-11:30 <b>Spinning®</b> CS Jennifer Heckell 11:00-11:45 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach	
MIDDAY	11:15-12:00 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach 11:15-12:00 <b>PIYO®</b> LLS Tracie Boddy 11:15-12:00 <b>Boot Camp</b> ULS Kelli Pierce 11:30-12:15 <b>SPIVI®</b> CS Jillian 12:00-12:15 <b>AB ATTACK!</b> ULS Kelli Pierce 12:15-1:00 <b>Barre</b> LLS Debbie 12:15-1:00 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach 12:25-12:55 <b>Cardio Kickboxing</b> ULS Tracie Boddy 12:30-1:00 <b>Spinning®</b> CS Jillian 1:15-2:00 <b>Warm Vinyasa</b> LLS Charlotte 1:15-2:00 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach	11:15-11:45 <b>Queenax Core</b> QX EXOS Fitness Coach 11:15-12:00 <b>Yoga Flow</b> LLS Michelle 11:15-12:00 <b>Boot Camp</b> ULS Zach 11:30-12:15 <b>SPIVI®</b> CS Abbas 12:00-12:15 <b>AB ATTACK!</b> ULS Zach 12:00-12:30 <b>Queenax Core</b> QX EXOS Fitness Coach 12:15-1:00 <b>Vinyasa Flow Yoga</b> LLS Ashley-Brooke 12:25-12:55 <b>Tabata</b> ULS Dana Price 1:05-1:35 <b>Total Body Fitness</b> ULS Dana Price 1:15-2:00 <b>Barre</b> LLS Debbie 1:45-2:30 <b>Zumba®</b> ULS Heather	11:15-12:00 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach 11:15-12:00 <b>PIYO®</b> LLS Tracie Boddy 11:15-12:00 <b>Boot Camp</b> ULS Kelli Pierce 11:30-12:15 <b>Spinning®</b> CS Jillian 12:00-12:15 <b>AB ATTACK!</b> ULS Kelli Pierce 12:15-1:00 <b>Barre</b> LLS Tracie Boddy 12:15-1:00 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach 12:25-12:55 <b>REFIT®</b> ULS Jen Mannarelli 12:30-1:00 <b>SPIVI®</b> CS Jillian 1:05-1:35 <b>Total Body Fitness</b> ULS Tracie Boddy 1:15-2:00 <b>Warm Vinyasa</b> LLS Charlotte 1:15-2:00 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach	11:15-12:00 <b>Pound®</b> LLS Kelly Nord 11:15-11:45 <b>Queenax Core</b> QX EXOS Fitness Coach 11:15-12:00 <b>Boot Camp</b> ULS Dana Price 11:30-12:15 <b>SPIVI®</b> CS Jillian 12:00-12:15 <b>AB ATTACK!</b> ULS Dana Price 12:00-12:30 <b>Queenax Core</b> QX EXOS Fitness Coach 12:15-1:00 <b>Vinyasa Flow Yoga</b> LLS Stephanie 12:25-12:55 <b>Tabata</b> ULS Dana Price 1:05-1:35 <b>Total Body Fitness</b> ULS Tracie Boddy 1:15-2:00 <b>Barre</b> LLS Debbie 1:45-2:30 <b>Zumba®</b> ULS Heather	11:15-12:00 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach 11:15-12:00 <b>Power Yoga</b> LLS Stephanie 11:15-12:00 <b>Boot Camp</b> ULS Kelli Pierce 11:30-12:15 <b>SPIVI®</b> CS Jennifer Heckell 12:00-12:15 <b>AB ATTACK!</b> ULS Angie 12:15-1:00 <b>Vinyasa Flow Yoga</b> LLS Ashley Brooke 12:15-1:00 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach 12:25-12:55 <b>Cardio Kickboxing</b> ULS Tracie Boddy 12:30-1:00 <b>Spinning®</b> CS Jennifer Heckell 1:15-2:00 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach			
EVENING	5:15-6:00 <b>STRONG by Zumba®</b> ULS Heather 5:15-5:45 <b>Queenax Boost</b> QX EXOS Fitness Coach 5:30-6:15 <b>Spinning®</b> CS Chase 5:30-6:30 <b>Power Yoga</b> LLS Kristin 6:30-7:15 <b>Spinning®</b> CS Abbas	4:30-5:15 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach 4:30-5:30 <b>Slow Flow Yoga</b> LLS Michelle 4:30-5:15 <b>Intro to Cycle</b> CS Abbas 5:30-6:15 <b>SPIVI®</b> CS Abbas 5:30-6:30 <b>Warm Vinyasa</b> LLS Ryan Bratcher 6:00-6:45 <b>Boot Camp</b> ULS Marell	5:15-6:00 <b>STRONG by Zumba®</b> ULS Heather 5:15-5:45 <b>Queenax Boost</b> QX EXOS Fitness Coach 5:30-6:15 <b>Spinning®</b> CS Chase 5:30-6:30 <b>Power Yoga</b> LLS Stephanie 6:30-7:15 <b>Spinning®</b> CS Abbas	4:30-5:15 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach 4:30-5:30 <b>Slow Flow Yoga</b> LLS Stephanie 4:30-5:15 <b>Intro to Cycle</b> CS Jillian 5:30-6:15 <b>Spinning®</b> CS Jennifer Heckell 5:30-6:30 <b>Warm Vinyasa</b> LLS Ryan Bratcher 6:00 - 6:45 <b>Boot Camp</b> ULS Marell	4:30-5:15 <b>Queenax Metabolic Fit</b> QX EXOS Fitness Coach 5:30-6:00 <b>HIIT and Run</b> TR Michael Roman			

New classes to the schedule, or changes in Instructor or class time are highlighted in plum.

Participation in Run Club requires an additional liability waiver to be signed as Runs occur outside of the Club.



# CLASS DESCRIPTIONS

## CYCLING STUDIO

**SPIVI®** studio delivers the ultimate indoor cycling experience! SPIVI technology tracks real-time data and displays it on our digital screen in multiple views including leaderboard, color coded zones, and a whole lot more! Tracking helps you reach your goal with live stimulating visual feedback.

**SPINNING®** A high-energy indoor cycling class led by a motivating instructor with a unique playlist of powerful and energizing music.

**INTRO TO CYCLING** Instructor led introductory class to indoor cycling. This class includes bike set up instructions and proper body alignment cues. The instructor guides the riders through hills, flat roads and intervals to deliver a full-body workout targeting glutes, quads, hamstrings and, of course, the heart.

## UPPER LEVEL STUDIO

**BOOTCAMP** This total body class focuses on achieving muscular strength through exercises targeting all muscle groups. This is a perfect class for someone looking to build strength. Think of this as a group personal training session – with great music and a lot of personality!

**CARDIO KICKBOXING** Jab! Cut! Hook! Kick! This class combines aerobic and anaerobic boxing drills in a cardio-choreographed fashion. Short, quick movements with high repetition challenge your heart rate while toning muscles. Sweat it out in this class!

**TABATA** A daring and dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest – x8. 4 minute intervals to increase athletic performance, and decrease body fat.

**AB ATTACK!** 15 minutes to firm your deep abdominal muscles, improve posture, shrink your waist and gain more confidence!

**TOTAL BODY FITNESS** Focus on toning and strengthening your muscles using various pieces of equipment. This class is designed to teach you proper form and execution of many different exercises.

**ZUMBA®** combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Zumba is a feel good workout geared toward all levels.

**STRONG BY ZUMBA®** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move

**REFIT®** is a powerful, uplifting group fitness experience, where we welcome everybody & every body! All ages, shapes, sizes, and abilities are loved in our REFIT® community! We use cardio-based, movement to the rhythms of value-positive music that lasts way beyond the workout!

## LOWER LEVEL STUDIO

**BARRE** classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements!

**CORE FUSION** In this core-based class we will focus on the upper, mid, and lower abdominal muscles as well as the obliques and lower back to create balance from the inside out. Core training helps to stabilize your spine, eliminate lower back pain, and strengthen your mid-section. With a strong CORE and GREAT BALANCE you will be unstoppable!

**SLOW FLOW YOGA** captures the spirit of a Vinyasa class in a more mindful pace for those looking to build breath awareness and inner calm. Come prepared to be invigorated and restored as you creatively explore postures, build strength and openness.

**MAT PILATES** Think “long lean body”. This class focuses on strength and flexibility of the major muscle groups and is based on the traditional studies of Joseph Pilates. If you’re not sure if yoga or Pilates is for you, try mat Pilates. The exercises combine core activities, breathing and relaxing.

**GENTLE YOGA** De-stress with this relaxing class that focuses on meditation and breathing. Smooth movements help participants achieve better posture, flexibility, balance, and strength while meditation helps to improve focus.

**POUND®** is an exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of

working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose and rockin’ out!

**VINYASA FLOW YOGA** is one of the most popular contemporary styles of yoga. Each movement is synchronized to a breath. The strength of Vinyasa is in its diversity. If you appreciate having things a little loose and unpredictable and like to keep moving, this style is definitely worth a try!

**POWER YOGA** A vigorous, fitness-based approach to Vinyasa-style Yoga. Power Yoga takes the athleticism of Ashtanga, including many Vinyasas, while teaching several new poses.

**WARM VINYASA** is practiced in a room heated to approximately 95 degrees Fahrenheit. Vinyasa is the Sanskrit term for “flow” and refers to alignment of breath and movement to create a dynamic, flowing form of yoga.

**PIYO** is a low impact, high intensity full body workout. Build strength, improve flexibility and tone muscles with low impact plyometrics, yoga and Pilates-inspired movements set to a fast pace to help burn fat while sculpting lean muscles.

## QUEENAX

**QUEENAX BOOST** This 30 minute total body workout offers to meet you at your ability level and challenge you using progressions based off of movements learned in the Queenax Boost (Intro) class.

**QUEENAX CORE** This 30 minute workout targets your core muscles to improve stability and strength with this high energy program that incorporates coordination, strength, and stamina.

**QUEENAX METABOLIC FIT** Get lean and strong with this 45 minute high intensity interval training workout that will enhance your metabolism while improving your overall fitness level.

## TREADMILL

**HIIT and Run** Boost your running performance, build strength, and burn calories during this 30 minute high-intensity interval training (HIIT) workout. Alternating between short periods of intense bursts and moderate recovery pace on the treadmill – combined with a total-body strength circuit – these sessions are designed to take your fitness to the next level.