



Winter Group Fitness Schedule Effective Jan. 16th -Apr. 1st, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Rock Solid Angie	Zumba Angie	50/50 Nicole	High Fit Milyssa	INtensity Nicole	*7:30am Yoga flow Wendy
9:00am	Rock Solid Dione	Step Fusion Alacia	Yoga Core Delynn	Strength and Stretch Clarissa	Barre Fusion Angie	9:00am Zumba Angie/Carley
10:15am	SilverSneakers Classic Anna	10:00am Alacia Stretch and Roll 10:30am Zumba Gold Leticia/Beth	Senior Yoga Mandy	10:30am Zumba Gold Carley	**10:00am Gentle Yoga Angie 10:15am SilverSneakers Classic Melissa	
6:00pm		Functional Training Lori	Zumba Jessica	Functional Training Lori		
7:00pm	Zumba Leticia	Zumba Tone Angie	Barre Fusion Angie	Zumba Carley		
8:00pm	Yoga Basics Carolina	Yoga Delynn	Yoga Flow Carolina			

*This class is 90 minutes

**This class is held in the Karate room

Winter *SPINNING*® Schedule

Effective Jan. 16th-Apr. 1st, 2023

All *SPINNING* classes will be held in Multi-purpose Room B.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		<i>SPINNING</i> Nicole		<i>SPINNING</i> Dione		
9:00am	8:30am <i>SPIN POWER</i> Stephanie		<i>SPINNING</i> Melissa			
6:30pm		<i>SPINNING</i> Beginner's Ride Dennis		<i>SPINNING</i> Dennis		

Limited space available in the Spinning classes, please sign up to reserve your spot in class.

Schedule subject to change

50/50: This class will always keep you guessing! You will spend 30 minutes doing instructor's choice of cardio and 30 minutes sculpting your muscles with weights. A great introductory class for everyone, what do you have to lose it's a 50/50 shot!

Barre Fusion: In just 45 minutes strengthen and tone your entire body using different types of equipment. Barre Fusion is a fun, upbeat class that incorporates the best of Ballet, Pilates, and Yoga. No dance experience required.

Beginner's Ride: Learn the basics of the *SPINNING*® class while enjoying a nice relaxing ride down easy street. This 40 minute class will teach you all the things you need to know to get you started down the right path!

Body Challenge: A class to challenge your whole body using High Intensity Interval Training (HIIT), burning more fat than your regular strength workout. Great for the beginner or for the seasoned athlete because it is your body you are challenging at your level. Weights are also used during the second portion of class to increase toning and fat burning, ending the total body workout with core work.

Gentle Yoga: Restore your mind and body using yoga basics to increase your strength, balance, and flexibility with gentle stretching and mediation. This is a great class for beginners and practiced yogi's alike.

High Fitness: HIGH Fitness transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love. This class alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level.

Intensity: The first 30 minutes of this class are in HIIT format while the last 30 minutes is weight lifting with a focus on two or three muscle groups.

Rock Solid: A full body sculpting class working all your major muscle groups guaranteed to make your body rock solid.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Senior Yoga: This yoga class is designed with seniors in mind. Enjoy a class that incorporates stretching and balance postures that do not involve laying on the floor. A chair is provided and can be used when needed during class.

SPINNING®: Come ride your bicycle with us! A 55 minute workout on a stationary bike. Our instructors will take you through various rugged terrains to make you sweat! This class allows you to choose your speed and resistance. Heart Rate Monitors are encouraged but not required. **All SPINNING® participants must bring a towel and water to class.**

SPIN Power: Take your spinning to the next level with our new Spin Power class! Learn how to train smarter, to become fitter, faster, stronger using the power meter technology that is equipped on every bike. Personal Spinning Threshold test done quarterly to help you determine the percentages for each of the five Spin Power training zones. Not interested in all the numbers? No worries, each ride is also designed to offer a traditional spin ride.

Strength and Stretch: A fusion between our Rock Solid class and Yoga. Spend 30 minutes doing an all body weight training class and finish up with stretching and mediation.

Step Fusion: This class is guaranteed to keep you guessing! This class fuses your traditional step class but you could be using 1, 2, 3 or even 4 benches, then spend the last half of class focusing on strength training.

Stretch and Roll: A class that uses foam rollers to stretch out all your muscles. Roll your stress and aches away in 25 minutes.

Yoga Core: This class is a typical Yoga Flow class with the added benefit of extra core work throughout.

Yoga Flow: This is a full body work-out that will challenge your strength and endurance, increase core power, flexibility, and help relieve stress with restorative poses and meditation.

Zumba: Join the Party! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Zumba Gold: A fun lower impact of Zumba, this class is great for beginners and active older adults.

Zumba Strong: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Facility (Winter) Hours

	<u>Fitness Center/Weight Room</u>	<u>Basketball Courts/Track</u>
Monday-Thurs.	5:00am-6:00am (Members Only) 6:00am-10:00pm	5:00am-7:30am 5:00pm-10:00pm
Friday	5:00am-6:00am (Members Only) 6:00am-7:00pm	5:00am-7:30am 5:00pm-7:00pm
Saturday	6:00am-7:00am (Members Only) 7:00am-7:00pm	7:00am-7:00pm
Sunday	12:00pm-5:00pm	12:00pm-5:00pm

Phone Number: 801-525-2641

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