

# GROUP EXERCISE CLASS SCHEDULE FALL 2019

SEPTEMBER 3RD—DECEMBER 1ST



FIELDHOUSE—TURF					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10a MAX Grit CB	5:10a Cardio & Core BR	5:10a Bootcamp AK	5:10a Bootcamp Circuit BR		7:30-8:30 Kickboxing AK 1st & 3rd Saturday of each month
6:10a MAX Grit CB	6:10a Cardio & Core BR	6:10a Bootcamp AK	6:10a Bootcamp Circuit BR		
9:45a KickBox-Body Blast MC		9:45a KickBox-Body Blast MC			
4:30p MAX Grit CB	4:30p Bootcamp CB				
5:30p MAX Grit CB	5:30p Bootcamp CB		5:30p KickBox MD		

FITNESS STUDIO					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00a Yoga EG		6:00a Yoga EG		
9:15a Movin' & Groovin' CH	8:00a Tai Chi MP	9:15a Movin' & Groovin' CH	8:00a Tai Chi MP		
10:00a Barre CH	9:00a PiYo RH	10:00a Barre CH			8:00a Yoga MP
12:30p Pilates NM	10:00a Yoga Stretch EG	12:30p Pilates NM	10:00a Yoga Stretch EG	10:00a Dancin' to the Beat PA	
4:30p PiYo RH		4:30 PiYo RH			
5:30p Dancin' to the Beat PA		5:30p Yoga MP			

POWERHOUSE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a Living Young RH	8:15a Results MC	8:00a Living Young CH	8:15a Results MC	5:10a Body Shock CB	9:30a Results MC
8:50a *LHA RH		8:50a *LHA MC	9:15a Cardio Conditioning CW	6:10a Body Shock CB	
				8:00a Living Young RH	
	4:30p Tabata Strong PA	4:30p Bootcamp AK	4:30 Results PA	8:50a LHA RH	
5:30p Results RH		5:30p Bootcamp AK	5:30pm Results RH	9:45a Body Shock AK	<b>*LHA: Lift/HIIT/Abs</b>

SPIN—PLEX PEDAL					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:50a Spin KK		6:00a Spin CB			7:30a Spin CB
	9:15a Spin MC		9:15a Spin MC	9:45a Spin MC	8:30a Spin MC
11:45a Spin/Core SM		11:45a Spin/Core SM		11:45a Spin/Core SM	
			4:30p Spin RH		
		5:30p Spin RH	5:30p Spin Chris B.		

POOL—AQUA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00a Aqua Jam BR	8:00a Aqua KBox BR	8:00a Aqua Fusion-PA	8:00a Aqua Jam BR	8:00a Aqua Cardio BR	
	8:50a Aqua Cardio PA	8:50a Butts & Guts Body Blast PA		8:50a Aqua Cardio PA	8:50a Bootcamp PA	
5:35p Aqua Jam BCS	5:35p Aqua Fusion BCS	5:35p Aqua Bootcamp LB	5:35p Aqua Bootcamp AV			

Our Fall 2019 schedule will run from Tuesday, September 3rd through Sunday, December 1st.

All group fitness class are 45-50 minutes in length unless otherwise noted

Saturday morning Kickboxing will take place every 1st & 3rd Saturday of each month.

Make sure to sign up for our group fitness email and text alerts! Inquire at the front desk.



**Dancin' to the Beat! Dance Cardio** — This dance fitness class is full of endless energy and a variety of upbeat music and dance styles that gets every part of your body moving to the beat! Your heart will be pumping and your skin shimmering in happy sweat! If you want a class that pumps out happy beats, inspires your body to move, and makes you forget about your troubles...this is the class for you!

**Aqua Jam**—Enhance your cardiovascular fitness, muscular strength and endurance as well as flexibility all in a low impact environment. Experience the properties of the water and the freedom of movement in this great aqua workout for all levels!

**Body Shock:** Ready to shock your system? This class has a little of everything! Cardio, weights, TRX, Kettlebells and more! This circuit style class is a go-at-your-own pace class, which lots of variation from week to week.

**Yoga**—EXPERIENCE the latest trend in personal wellness and physical fitness. Our Professional Instructors use an electric blend of Lyengar and Yoga Fit to assist participants at ALL levels in improving flexibility, balance, and muscular endurance. Our Yoga Instructors will help you learn stress management and relaxation techniques to incorporate into your daily life.

**Tai Chi**—Tai Chi promotes serenity through gentle, fluid movements. It is proven to improve balance and reduce stress. The slow movements and controlled breathing harmonize energy flow in the body. The martial application can also be used for self-defense in urgent situations .

**Spin**—Everyone finishes first in Spin! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. Motivating music and an inspiring group environment lets you ride on!

**Movin' & Groovin'**— Senior Dance is the fun low impact cardio workout you have always been looking for. This class will keep you moving while enjoying some great music and fun.

**Core**— This 20 minute class will focus on hardcore abdominal work. Core Blast will focus on toning, defining and sculpting the abs using just your body! This class will improve your posture and core strength.

**Cardio Conditioning:** Looking for the ultimate calorie blasting-sweat session, then this class is for you! Candice will lead you through heart pumping exercises through intense cardio through various methods of movement

**Pilates**—Instead of just working on the muscles you see in the mirror, Pilates strengthens the internal, stabilizing muscles of your body, so that your posture, balance and core strength all improve while you sculpt the body of your dreams!

**Barre**—This class utilizes your body weight, a rubber ball, and the barre. Work your muscles in ways that won't tax your joints, while increasing your muscle density. You will also decrease body fat, improve flexibility, and boost your metabolism while lengthening your muscles and building a strong core.

**Lift/HIIT/Abs:** With the use of dumbbell weights and your own body weight, this class helps participants push to build and tone muscle; burn calories and strengthen the core. The class will challenge you with high intensity intervals which will build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

**Bootcamp Circuit (Turf)** — This high-intensity interval training workout sculpts your body and burns calories like nothing you've experienced before . Get ready to sweat!

**Bootcamp (Turf)** — This class mixes traditional calisthenic and body weight exercises with interval training and strength training . Be ready to push your body to the next level!

**Results:**—This class consists of a 5-7 minute cardio warm up, followed by strength training. Each class will hit every major muscle group at least twice; and ab exercises will complete the workout. Come see your results change in this great class. Results class burns 400-700 calories per class!

**PIYO**— This 2-in-1 class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean, and incredibly defined.

**KickBox (TURF)** Our kickboxing workouts incorporate kicking and punching for a dynamic, challenging experience. You'll keep your body guessing as trainer pushes you to your maximum potential.

**Kick Box Body Blast** —Blast calories with the very best of strength training and high intensity interval training. ALL levels can participate with modifications offered. Take a step further and focus on strengthening the body with higher intensity at a faster pace! Be prepared for intense cardio work, strength training, and kickboxing combined with short intermittent rests - the ultimate interval workout!

**Aqua Cardio**—In this class there is less impact on your joints, so you are really able to let loose! Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Aqua Fusion**—Fun, upbeat, and exciting blend of all the Aqua classes offered here at the SportsPlex. Aqua Fusion will keep class fresh and new to be sure time flies by.

**Yoga Stretch**— Tight muscles can cause imbalance and pull the body out of alignment. This class begins with warm-up movements to build heat and prepare the muscles to for stretching. Yoga stretch will include yoga postures built into yoga flows, breathing exercises, and meditation to promote a healthy mind and body.

**Living Young**—Living Young is a class designed to improve flexibility, strength, balance, and core stability. Continuing to challenge your body in new ways leads to less pain and increases ability to complete daily activities.

**Tabata Strong:** High intensity interval training of 20 seconds ON, 10 seconds OFF. Weight training and bodyweight exercises will take you to a new level. Tabata is designed to push you as hard as possible on a certain move in the 20 seconds given— with this style, your body will burn 4 more calories per minute than traditional cardio!

**MAX Grit (TURF)** — This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.

**Aqua Bootcamp** — a similar model of our bootcamp style classes moved to water! Feel the same burning effects and boost your metabolism while being easy on the joints for a full body exercise

**Cardio & Core (Turf)** — The class is open to all experience levels. HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. ... The routines feature aerobic/fitness interval training with a combination of fast and slow moves that tone and sculpt the body. Heavy core work is included in each class !

**Butts & Guts Body Blast** — this class covers exactly as the title! Looking for sculpt your backside and core, this Aqua class is for you!