

GROUP EXERCISE CLASS SCHEDULE WINTER 2019



FIELDHOUSE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10a MAX Grit CB	5:10a Turbo Circuit BR	5:10a Bootcamp AK	5:10a Cardio Blast BR		7:30-8:30 Kickboxing AK 1st Saturday of each month
6:10a MAX Grit CB	6:10a Turbo Circuit BR	6:10a Bootcamp AK	6:10a Cardio Blast BR		
		8:00a Kickbox			
4:30p MAX Grit CB	4:30p Velocity CB		4:30p KickBox AK		
5:30p MAX Grit CB	5:30p Velocity CB		5:30p KickBox AK		

POWERHOUSE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a Living Young RH	8:00a Results MC	8:00a Living Young MC	8:00a Results MC	5:10a Body Shock AD	9:30a Results MC
8:45a *LHA RH	9:15a Body Blast MC	8:45a *LHA MC	9:15a Body Blast MC/CW	6:10a Body Shock AD	
	10:45a Living Young CW	4:30p Bootcamp AK	4:30 Results PA	8:00a Living Young RH	
5:30p *LHA RH	4:30p Tabata Strong PA	5:30p Bootcamp AK	5:30p Circuit Excel CB	8:45a *LHA RH	
	6:15p Results MC	6:15p *LHA RH		9:30a Body Shock AK	*LHA: Lift/HIIT/Abs

FITNESS STUDIO					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15a Movin' & Groovin' CH	6:00a Yoga EG	9:15a Movin' & Groovin' CH	6:00a Yoga EG	10:00a Dancin' to the Beat PA	9:00a Yoga JP/MP
	7:00a Yoga MP		8:00a Tai Chi MP		
	8:00a Tai Chi MP		9:00 Cardio K Box/Abs CH		
12:30 PiYo RH	10:15a Yoga Stretch MC	12:30p Pilates NM	10:00 Yoga Stretch CH		
4:30p PiYo RH			10:45 Living Young CH		
5:30p Dancin' to the Beat PA	5:30p Barre AC	5:30p Cardio KBox PA	5:30p Yoga JP		

SPIN—PLEX PEDAL					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:50a Spin KK		6:00a Spin CB		8:00a Spin MC	7:30a Spin CB
9:35 Spin Bootcamp MC		9:35 Spin Bootcamp MC			8:30a Spin MC
11:45a Spin SM		11:45a Spin SM		11:45a Spin SM	
12:30p Core Blast SM		12:30p Core Blast SM			
	5:30p Spin MC	5:30p Spin RH			

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 Dancin' to the Beat PA		8:50a Dancin' to the Beat PA	8:50a Bootcamp PA	
	5:35p Aqua Jam BCS	5:35p Aqua Fusion BCS	5:35p Aqua Jam MVK	5:35p Aqua Fusion MVK		

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!

AQUA Dancin' to the Beat — Our pool version of our popular 'Dancin' to the Beat!' class

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 Blast:— 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 KickBox—This class mixes a series of punching and kicking combinations, which will improve strength, muscle tone and endurance. This high-energy interval training class will challenge your stamina and coordination as well as get your heart racing.

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

Circuit Excel — A combination full body circuit using TRX suspension training, rowers, bosu balls, stability balls, kettlebells, battle ropes, and core exercises that will challenge you in new ways that you've never tried before!

Turbo 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.

Body Blast HIIT—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 and strength training 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 KBox — Our pool version of our Kickbox turf class.

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 Blast (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.

Spin Bootcamp—Michelle/Michelle — This class utilizes rowers, ropes, bikes, weights and more!

Velocity: — metabolism boosting workout utilizing multiple joint movements and full body exercises performed at a high intensity. The workouts move quickly, the exercises are constantly changing, and it forces you to use your whole body as a unit. This high intensity class will test and build your endurance