



Group Xercise Schedule

Effective OCTOBER 16, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:30 Total Body Natalie			6:45-7:30 Julie			
	9:30-10:15 Cycle Michelle				9:15-10:15 Teri	
9:30-10:30 Matie	9:30-10:30 Krishna	9:30-10:15 Bootcamp Rai	9:30-10:15 Michelle	9:30-10:30 Matie	10:30-11:30 Interval Madness Vicky	9:30-10:00 Butts & Guts Nicole
10:30-11:30 Cardio Sculpt Carol Ann	10:30-11:15 Michelle	10:30-11:30 Cardio Sculpt Michele	10:30-11:30 Pilates Fusion Donna	10:30-11:15 Kickbox Fusion Natalie	10:30-11:15 Cycle Teri	10:30-11:30 Krishna
11:30-12:30 Forever Fit Danny	11:30-12:30 Yoga Jennifer	11:45-12:45 Beginner Yoga Melissa	10:30-11:15 Cycle Michelle	11:30-12:30 Yoga Jennifer	11:45-12:45 Yoga Melissa	
5:30-6:30 Leah	5:30-6:30 Sally	5:30-6:30 Krishna				
			6:15-6:45 Butts & Guts Nicole	6:15-7:15 Zumba Abs Chris P		
6:30-7:30 Teri	6:30-7:30 Interval Madness Vicky	6:30-7:15 H.I.I.T Nicole	7:00-8:00 Emmanuel			

Group Exercise Guidelines & Class Descriptions

All instructors are certified. All classes must have consistent attendance of eight participants to remain on schedule.

Bootcamp: Total body with timed intervals

BODYPUMP™: The original barbell class that strengthens your entire body. Challenge all your major muscle groups using exercises like squats, presses, lifts and curls.

Butts & Guts: This class tones and tightens your core and lower body.

Cardio Sculpt: Intervals of Cardio & Strength Training.

Cycle: A versatile workout throughout the whole spectrum of intensities, these rides alternate bursts of speed and power with recovery.

Forever Fit: This is a strength training class designed to increase the muscular strength, endurance and flexibility of our mature members.

Total Body: Body conditioning that targets all the major muscle groups.

Interval Madness: A high-energy class that combines intervals of step, high/low impact and sculpting.

H.I.I.T.: High intensity exercise followed by short and active recovery.

Pilates Fusion: This class combines the movements of Pilates with Barre and fitness elements.

Yoga: An ancient practice of uniting all aspects of a person – body, mind and spirit – through physical postures, breathing exercises and meditation. Flexibility, strength and muscle tone, improve quickly.

Zumba™: Zumba is a danced - based fitness craze! Dynamic movement to a fusion of Latin and International music.

Zumba™ Abs: This is a high energy hard workout disguised as a dance class, with 80% fitness & 20% dance. And the last 15 min. are all abs.