

GET FIT TOGETHER



MARCH GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEDITATION 10:00a Fitness OnDemand	MEDITATION 10:00a Fitness OnDemand	MEDITATION 10:00a Fitness OnDemand	MEDITATION 10:00a Fitness OnDemand	MEDITATION 10:00a Fitness OnDemand
			HIIT 11:00a - 11:45a Tara	
ZUMBA 12:00 - 12:45p Amy	CYCLING 12:00 -12:45p Jonathan	BOOTCAMP 12:00p - 12:45p Tara	YOGA 12:15p - 1:00p Shannon	CYCLING 12:00 -12:45p Jonathan
MEDITATION 2:00p Fitness OnDemand	MEDITATION 2:30p Makenzie	MEDITATION 2:00p Fitness OnDemand	MEDITATION 2:00p Fitness OnDemand	MEDITATION 2:00p Fitness OnDemand
	FLOW & RESTORE YOGA 3:00p - 3:45p Makenzie		WOMEN ON WEIGHTS 2:30p - 3:00p Stephanie	
	ZUMBA 4:00 - 4:45p Amy		TURBOKICK 3:00p - 3:45p Jasmin	
	CYCLING 5:15p - 6:00p Greg	BODY PUMP EXPRESS 5:15p - 6:00p		

Class Descriptions

ZUMBA: A fusion of Latin and international music/dance themes that create a dynamic, exciting workout! Based on interval training, Zumba is a mixture of body sculpting movements and easy-to-follow dance steps.

CYCLING: This workout brings the fun and excitement of outdoor cycling indoors. A great cardiovascular workout! Come join a high energy, fun and hard working atmosphere! Please allow 5-10 minutes for proper bike setup prior to class.

MEDITATION: Help build your resilience to stress and anxiety with our 20 minute group meditation class. The class begins with a brief, slow seated (floor or chair) yoga sequence and ends with a guided meditation. Relax, release and let go of stress with this ancient mind, body and spirit practice.

FLOW AND RESTORE YOGA: Rejuvenate your natural rhythm and harmony, improve strength & flexibility, and experience a sense of well-being. This gentle class for all levels unites spirit, mind and body, infuses energy, and clears your mind to leave you relaxed, refreshed & at peace. This is a chance to take time for yourself and provide balance to your daily life.

BODY PUMP EXPRESS: BODYPUMP™ Express is a 45 minute strength workout. BODYPUMP™, the original LES MILLS™ barbell class gives you the moves to burn fat, gain strength, sculpt, tone and strengthen your entire body.

YOGA: A 5,000 year old practice known to build strength, flexibility and balance along with concentration, relaxation and creativity. The mind, body and spirit workout you have been searching for!

HIIT: This interval class incorporates strength and cardio exercises in timed intervals followed by a quick recovery. Achieve maximum calorie burn with an incredible cardiovascular conditioning and all over body shaping.

TURBO KICK: Turbo Kick® is an interval based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength/endurance training sequences and easy-to-follow combinations. Class ends with a mind/body-like (think Tai-Chi) cool-down.

WOMEN ON WEIGHTS: This class will teach you how to incorporate weights into your workouts. A small group class setting that educates you on lifting techniques, exercises and routines. Boost your confidence as you build strength and endurance, improve range of motion and mobility. A great class for any fitness level!