

**SPRING 2021 Group Fitness Schedule**

**(Effective April 4 - May 31)**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 8:00-8:55am  Cycle  Zach | 8:00-9:15am  Total Training  Cori | 8:00-8:55am  Flexy  Naomi | 8:00-9:15am  Total Training  Bradley |  | 8:15-8:55am  Cycle 45  Rotation |  |
|  |  |  |  |  | 9:00-9:55am  THRC Mania  JD |  |
|  |  |  |  | 10:00-10:55am  Yoga Fusion  Courtney | 10:00-10:55am  Zumba  Team Teaching |  |
| 12:00-1:00pm  Broga  Jake |  | 12:00-1:00pm  Cycle  Cori |  | 12:00-12:45pm  Bosu Blast  Paul |  |  |
|  |  |  |  |  |  | Mindfulness & Mobility  2:00-2:55pm  Mason |
| 5:30-6:25pm  Power Pump  Naomi | 5:30-6:00pm Hip Hop Step  Courtney | 5:30-6:25pm  Total Training  Naomi | 5:30-6:00pm  Cycle Express  Clare |  |  |  |
| 6:30-7:25pm  Zumba  Rocio | 6:00-7:00pm  Zumba  Gracie | 6:30-7:25pm  Flexy  Naomi | 6:00pm-7:00pm  Zumba  Laura |  |  |  |

**BOSU BLAST**

This interval-style class uses the Bosu ball to focus on stability, balance, core, and strength. Get ready to sweat!

**BROGA**

Improve your flexibility, muscular strength, posture, and alignment through yoga poses, breathing and relaxation.

**CYCLING**

This class meets in our state-of-the-art cycle studio! Our cycle workouts will improve your cardiovascular endurance all while burning massive calories and listening to great music! Go through a variety of terrains, intensities, and movements to take your fitness to the next level!

**FLEXY**

Stretching can be fun! This is not our average flexibility class. Flexy is a movement-based class designed to improve flexibility by emphasizing the lengthening of muscles and the

strengthening of the core, all while jamming to good music!

**MINDFULNESS & MOBILITY**

Time to slow down and reset! This class focuses on mediation along with basic movements such as strength, flexibility, and balance.

**POWER PUMP**

Train your body for a lifetime of strength and stability using a variety of techniques and equipment. This highly efficient, full body workout is just what you need to define and strengthen your

muscles.

**HIP HOP STEP**

Using the studio step with a variety of heights available, you will be guided through several choreographed combinations that will give your heart the cardio boost it needs to stay healthy

and burn some calories while your favorite hip hop jams. This is an energetic, fun way to get your workout in and not even realize how hard you are working!

**THRC MANIA**

Come join the THRC Mania! Start your weekend out right with this High-Intensity Circuit Training class that will leave you BREATHLESS in only an hour! MID-WEEK MANIA is our weekday

version of this class and will take place upstairs in the Group Fitness room!

**TOTAL TRAINING**

Looking for a workout that has it all? This 75-minute workout will take you through heart-pounding cycles, muscle toning, strength training, and flexibility movements. Get the total package

with total training.

**YOGA FUSION**

Improve your flexibility, muscular strength, posture, and alignment through yoga poses, breathing and relaxation.

**ZUMBA**

Zumba is a fitness program that combines Latin and International music with dance moves. Zumba is a total workout, combining all elements of fitness including cardio, muscle conditioning, balance, and flexibility.