



Classic Group Exercise Class Schedule

September 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
5:15 am Circuit Burn Scott 45 m		5:00 am Cycle Fusion Jana 25 m		5:15 am Total Body Blast Mari 45 m		5:00 am Cycle Fusion Jana 25 m		5:15 am Circuit Burn Scott 45 m	
		5:30 am Muscles Mashup Jana 30 m				5:30 am Muscles Mashup Jana 30 m			
		8:15 am Muscles in Motion Mari 45 m		8:15 am HIIT it Hard Mari 45 m		8:15 am Muscles in Motion Mari 45 m		8:15 am Total Body Blast Mari 45 m	8:15 am Max FITT* Kelly 45 min
9:00 am Chiseled* Lee 60 min	9:15 am HIGH Fitness® Gretchen 45 min	9:00 am Max FITT* Kelly 45 min		9:00 am Chiseled* Lee 60 min	9:15 am HIGH Fitness® Gretchen 45 min	9:00 am Max FITT* Kelly 45 min		9:00 am Chiseled* Lee 60 min	9:15 am POP Pilates® Ashley 45 min
10:05 am Strength 101 Jackie 45 m				10:05 am TABATA® Jackie 45 m				10:05 am Strength 101 Jackie 45 min	
		12:00 pm Total HIIT Scott 45 m				12:00 pm Total HIIT Scott 45 m			
5:15 pm Max FITT* Kelly 45 min <i>(Upstairs Studio)</i>	5:30 pm Rockin' HIIT Scott 45 m	5:15 pm Chiseled* Lee 60 min	5:30 pm Muscles In Motion Mari 45 mins	5:15 pm Max FITT* Kelly 45 min <i>(Upstairs Studio)</i>	5:30 pm Rockin' HIIT Scott 45 m	5:15 pm Chiseled* Lee 60 min	5:30 pm Muscles In Motion Mari 45 mins		
						6:30 pm HIGH Fitness® Gretchen 45 min			

****Schedule subject to change**



Group Exercise Class Descriptions

***Premier Group Classes**

(requires extra fee, small class sizes)

***Chiseled:** Strength focused programming aimed towards isolating muscle groups and building strength and muscular endurance. Be ready to make your muscles burn and drip sweat with this low cardio format. You will tone, tighten, and sculpt your body!

***Max FITT:** This specifically programmed class is meant for you to incorporate 4 major elements that will lead you to success for results. It consists of Frequency, Intensity, Time, and Type of training that will effectively help you reach your fitness goal. Let this class lead you to the next level of training and remember, you have a team always there to support you.

Cardio and Strength Classes

Circuit Burn: This circuit-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and boost your metabolism. All fitness levels will benefit from this fast paced class and it is a great way to start your day!

Cycle Fusion: Let's get your heart and muscles pumping! This class is formatted to get you sweating by working your full body from start to finish and keep you burning fat all day long!

HIGH Fitness®: High Fitness Aerobics is back! Bigger, Better, HIGHer! HIGH transforms old school aerobics into a highly addictive new experience. Songs alternate between cardio peaks and toning tracks, with music that you know and love, resulting in high energy, INTENSE, and crazy fun workout that leaves participants feeling HIGH and wanting more.

HIIT it Hard / Total HIIT: High Intensity Interval Training class will have you burning calories, losing fat and building muscular strength. HIIT has been utilized to be one of the most effective and efficient workouts anyone can do. Pairing cardiovascular strength with muscular strength will give you a bigger bang for your buck. All fitness levels welcomed.

Muscles in Motion: This class format emphasizes on working your full body with high reps and low to moderate weight. These movements will help tone you up, build muscle, and endurance for everyday activities. This class is made for all fitness levels so there is no excuse you can't join in.

Muscles Mashup: An early morning full body express class! Maximize your time in the gym with a full body workout using weights to strengthen, tone, and sculpt. Make your mornings matter!

Strength 101: An easy to follow full body workout primarily using dumbbells and bodyweight movements. You will work each muscle group and focus on strengthening and toning. This class will help you work on strength training form and how to effectively target those areas that you would like to tighten and build. Higher reps with lower weights will help you to tone and define each muscle group. Great starter class for strength training and building overall stability.

Rockin' HIIT: MUSIC MATTERS! In this class you will focus on a HIIT (High Intensity Interval Training) routine that will have your body rockin' along the ROCKIN' music pumping you up. Happy Heart, Healthy Life, while you "ROCK OUT".

TABATA®: Work strength and cardio with this full body action packed 45 min class. 20 secs of work gets you 10 secs of rest but you will be sweating the entire class. There is something for everyone of all fitness levels in TABATA®. Come experience this fun and high calorie burning style of working out!

Total Body Blast: This class consists of working on your muscular and cardiovascular endurance, muscle development involving strength training and finishing off with some muscle conditioning to leave you burning calories not only through the class but the rest of your day.

POP Pilates®: Pilates with attitude! Work on the mind-body awareness from the inside out: build a rock solid core, improve strength, flexibility and balance. An addictive class, fun for everyone!