

Group Fitness Schedule

Effective 12/3/2018

GROUP FITNESS STUDIO

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Flex Pass 8-9a Jazzercise	6-7a Strength Janis	7-8a Conditioning Harriet	6-7a Cardio Interval Janis	7-8a Just Stretch Harriett	7-8a Conditioning Harriet	Flex Pass 7:10-8:10a Jazzercise
Flex Pass 9-10a Jazzercise	7:05-8:05a TBS Janis	8:30-9:30a Zumba Gold Lana	7:05-8:05a TBS Janis	8:30-9:30a Zumba Gold Lana	8:30-9:30a CSI Leslye	Flex Pass 8:15-9a Jazzercise
10:30-11:30a Zumba Sabrina	8:30-9:30a Low Impact Cardio KC	Flex Pass 9:45-10:45a Jazzercise	Flex Pass 9:45-10:45a Jazzercise	Flex Pass 9:45-10:45a Jazzercise	Flex Pass 9:45-10:45a Jazzercise	Flex Pass 9-10a Jazzercise
11:30a-12:30p Bodypump Charlotte	Flex Pass 9:45-10:45a Jazzercise	10:55-11:55a Pilates Pnina	11a-12p Forever Strong Debbie	11-11:55a Pilates Pnina	11a-12p Forever Strong Debbie	10:30-11:30a TBS KC
	11a-12p Forever Strong Debbie	4:30-5:15p TBS Jody	5-6p Bodypump Charlotte	4:30-5:15p Body Blast Charlotte	5-6p Bodypump Sheldon	11:30a-12:30p Zumba Kristina
	4:30-5:30p Zumba Suzy	Flex Pass 5:30-6:30p Jazzercise	Flex Pass 6:45-7:45p Jazzercise	Flex Pass 5:30-6:30p Jazzercise	6:05-7:05p Zumba Sabina	
	5:30-6:30p RIPPED Charlotte	7:15-8:15p Zumba Sabrina				
	Flex Pass 6:45-7:45p Jazzercise					

Spin Studio

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:45-8:45a Interval Spin Jack	10-11a Easy Spin June	7-8a Spin Rene	5:45-6:30a Spin for Strength Jodi	7-8a Spin Rene	5:45-6:45a Interval Spin Renee	8:30-9:30a Interval Spin Charlotte
9-10a Spin Tyrone	5:30-6:30p Interval Spin Marie	5:30-6:30p Spin Kathy	10-11a Easy Spin June	11:30a- 12:30p Spin Pilates Kathy	10-11a Easy Spin June	
		7-8p Spin Jodi	5:30-6:30p Interval Spin Marie	5:30-6:30p Interval Spin Regina		
				7-8p Spin Jodi		

Fit Studio

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
9-10a Core Katrina		9:30-10:30a Strength KC	8:15-9:15a Core Mike		8-9a Barre Above KC	12-1p Turbo Kick Tyrone
					8:15-9:15a Core Mike (Fit Center)	

Colored Box Indicates Flex Pass Holders and Jazzercise Pass Holders only!

MULTI PURPOSE ROOM

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:50-8:50a R&R Lisa	8-8:50a Core-n-More Leslye	6-7a WERQ Laura	8-8:50a Zumba Leslye	6-7a WERQ Laura	7:50-8:50a Silver Sneakers Katrina	8-9a TBS Katrina
	3-4p QiGong Lisa	9-10a Silver Sneakers Pnina	5:30-6:30p Zumba Leslye	9:15-10:30a Gentle Yoga Mira	10:15-11:30a Yoga 1&2 Mira	9:15-10:30a Yoga Level 2 Mira
		11a-12p Active Motion Training KC		10:45-11:45a Silver Sneakers Harriet	2:30-3:30p QiGong Lisa	10:45a-12:00p Yoga Level 1&2 Mira
		5:15-6p Barre Above KC		5:45-6:45p Barre Above KC		
		6-7p Turbo Kick Tyrone (3 rd Tues Gym)		7-8p Zumba Jennifer		
		7-8p TBS Tyrone (3 rd Tues Fit Studio)				



Group Exercise and Spin Class Descriptions

Strength

Body Blast: Use free weights, bands, body bars, balls and medicine balls as well as body weight exercises.

Bodypump: Use THE REP EFFECT™ to give you sculpted shoulders, defined biceps and triceps, strong lean legs, firm glutes and a tight core. Build strength without building bulk.

Core/Core –n-More: Strength and stability are the focus of this class. You will use a variety of movements to make your entire core including the posterior chain rock solid.

Forever Strong: Low impact strength training. We keep one foot on the ground at all times to reduce joint impact.

Total Body Strength (TBS): Increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked including the core and posterior chain.

RIPPED Resistance, Intervals, Power, Plyometrics, and Endurance, help you attain and maintain your physique in ways that are safe, doable and effective.

CSI (Cardio Strength Interval) Short intervals alternating cardiovascular and strength training create the ultimate total body fitness experience!

Conditioning: This class is designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked.

Strength: is a weight training class that uses a variety of equipment to help tone and strengthen each major muscle group. A great class for beginners and hard-core exercise enthusiasts.

ActivMotion Training utilizes the ActivMotion Bar's internal rolling steel weights to provide an unparalleled fitness experience that facilitates greater core and joint stability and muscle activation.

Cardio

Cardio Interval: This energetic class challenges you with a variety of low impact aerobics, step, kickboxing, and strength training.

Low Impact Cardio: A gentler, lower impact version of our regular cardio interval class. This class is great for seniors and those that like a slower paced class.

Spin: An indoor cycling class. *Interval* will rotate between slower speeds and faster speed *Easy Spin* is for beginners or seniors. *Strength* focuses on lower body work and high resistance. *Endurance* focuses on lower resistance and more consistent pace.

Turbo-Kick: The unique turbo kick movement patterns, combinations and technique work together to give the ultimate cardiovascular workout.

ZUMBA: Latin-inspired dance fitness class that incorporates Latin and International music.

Zumba Gold is a lower impact gentler version of regular Zumba.

WERQ® is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

Mind Body

Just Stretch: This is a gentle class that works all muscle groups in slow stretches and breathing exercises

Pilates: Pilates will strengthen the core and back muscles. Posture, balance, and coordination will also be enhanced through this practice. Done mostly on a mat on the floor.

R&R: this class will leave you feeling great; body and mind. Gentle stretches, massage and breathing exercises are incorporated.

Qigong: Gentle ancient movements rooted in Asian culture designed to improve range of motion, flexibility and blood flow.

Yo-Body, Yo-Mind: A mild stretch and yoga class designed to calm the body and mind.

Yoga: Traditional postures, as well as breathing exercises will leave you feeling centered, flexible, and strong. **Level 1-2** classes focus on basic to intermediate postures and breathing exercises. **Gentle** yoga is a slower pace with basic and modified postures for those that need it. **Level 2 Cont.** yoga will challenge you to try new postures and improve your yoga practice.

SilverSneakers: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Barre Above® Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that will sculpt your body and get you into absolutely amazing shape.