



GROUP EXERCISE SCHEDULE *September 4th, 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am		Early Rise Yoga Casey		Early Rise Yoga Casey			
8:00 am		UpBeat Barre Nichole		UpBeat Barre Nichole		Zumba Tesa	
9:00 am						Bootcamp* STAFF	9AM COMMIT Harrie
9:15 am	Body Sculpt Madalene	Zumba Andreia	Zumba Claudia	Zumba Sarah/ Venus	Zumba Claudia		
10:15 am	Zumba Stacey	Turbo Kick Bridget	PiYo Nichole	Turbo Kick Bridget	Zumba Stacey	10 AM Zumba Stacey	Booty Bootcamp* AnneMarie
11:15 am	Silver Sneakers Melissa		NbbBoomers Melissa				11AM Cardio Box* Steven 1PM Function Strength Training* Erika
5:00 pm	Body Sculpt Kaylee	Zumba Malisa	Booty Bootcamp Casey				
6:00 pm	Zumba Toning Claudia	Cycling Ariyan	Yoga Casey	Zumba Tesa	Zumba Cher		
7:00 pm	Cycling Annemarie	COMMIT Vanessa	Zumba Dixie	COMMIT Sculpt Donna			

CLASS DESCRIPTIONS:

UPBEAT BARRE - A COMBINATION OF STRENGTH TRAINING, PILATES, CARDIO AND YOGA TO CREATE A HIGH ENERGY, INTENSE & ACCESSIBLE MUSCULAR-ENDURANCE WORKOUT WITH POPULAR MUSIC.

YOGA – INSTRUCTOR WILL GUIDE YOU THRU A SERIES OF POSES WITH BREATHING AND STRETCHING TO WORK STRENGTH, POSTURE AND BALANCE WHILE CONNECTING WITH YOUR MIND AND BODY HELPING REDUCE STRESS AND PROMOTING RELAXATION.

ZUMBA – DANCE FITNESS THAT INCORPORATES RHYTHMS FROM ALL OVER THE WORLD TO CREATE A DYNAMIC, EXCITING AND EXHILARATING CARDIO EXPERIENCE.

ZUMBA TONING – ALL THE FUN OF ZUMBA CLASS WHILE INCORPORATING LIGHT WEIGHT RESISTANCE TRAINING FOR MUSCULAR ENDURANCE AND TONING.

CYCLING – INSTRUCTOR WILL GUIDE YOU AND MOTIVATE YOU THRU THE RIDE. INCORPORATE INTERVAL TRAINING FOR A CHALLENGING CARDIO WORKOUT

TOTAL BODY CONDITIONING – A FULL BODY WORKOUT INCORPORATING WEIGHTS, BANDS AND BODY RESISTANCE WITH CARDIO AND ENDURANCE DRILLS.

CARDIO BOXING – CIRCUIT STYLE WORKOUT WITH FOCUS ON BOXING TECHNIQUE AND ENDURANCE.

BOOTY BOOTCAMP – BOOTCAMP STYLE CLASS WITH EMPHASIS ON WORKING THE LEGS AND GLUTES.

BOOTCAMP – INTERVAL TRAINING CLASS THAT COMBINES CARDIO, CALISTHENIC, BODY WEIGHS AND STRENGTH TRAINING DRILLS WITH THE GUIDANCE OF A TRAINER AND THE MOTIVATION OF A GROUP ATMOSPHERE. THIS CLASS IS GREAT FOR ALL FITNESS LEVELS. STARTING OUT? TRY OUR BEGINNER BOOTCAMP CLASS.

COMMIT DANCE FITNESS - THIS DYNAMIC, FUN FILLED CLASS CONSIST OF ALL MUSIC GENRES INCORPORATING TRADITIONAL FITNESS MOVEMENTS.

“ALL FITNESS LEVELS WELCOME. PLEASE ARRIVE EARLY TO CLASS. WHEN ARRIVING LATE MAKE SURE TO WARM UP BEFORE EXERCISING. GROUP EXERCISE ROOM IS RESERVED FOR CLASSES DURING THESE TIMES”