



GROUP EXERCISE SCHEDULE DECEMBER 1ST, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am		UPBeat Barre Nichole		UpBeat Barre Nichole		ZUMBA Tessa	
9:00 am						Bootcamp* STAFF	9AM COMMIT Harrie/Jay
9:15 am	Body Sculpting Madalene	ZUMBA Andreia	Zumba Claudia	ZUMBA Sarah	ZUMBA Claudia		
10:15am	Zumba Stacey	Turbo Kick Bridget	PiYo Nichole	Turbo Kick Bridget	Zumba Stacey	10AM Zumba Stacey	10AM Bootycamp* Kylee/ AnneMarie
11:15am	Silver Sneakers Melissa		Boomers Melissa				11AM Cardio Box* Steven 1PM Function Strength Training* Erika
5:00 pm	Booty Sculpt Kaylee	Zumba Malissa	Booty Bootcamp Casey	Cardio Box Theresa			
6:00 pm	ZUMBA/Toning Claudia	Cycling Ariyan	Yoga Casey	Zumba Tessa			
7:00 pm	Booty Bootcamp Annemarie	COMMIT Donna/ Harrie	Zumba Dixie	COMMIT Sculpt Donna			

- **Classes with * are taught in the TURF gym area.**
- **Classes and instructors are subject to change**



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CLASS DESCRIPTIONS:

YOGA – INSTRUCTOR WILL GUIDE YOU THRU A SERIES OF POSES WITH BREATHING AND STRETCHING TO WORK STRENGTH, POSTURE AND BALANCE WHILE CONECTING 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, EXICTING AND EXILERATING CARDIO EXPERIENCE.

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

CARDIO STRENGTH – THIS CLASS COMBINES STRENGTH TRIANING WITH CARDIO DRILLS IN A CIRCUIT FORMAT FOR A TOTAL BODY WORKOUT

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

PILATES – CORE, STRENGTH, FLEXIBILITY AND POSTURE. MAT BASED CLASS.

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.

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

BOOTCAMP – INTERVAL TRAINING CLASS THAT COMBINES CARDIO, CALESTHENIC, BODY WEIGHS AND STRENGTH TRAINING DRILLS WITH THE GUIDANCE OF A TRAINER AND THE MOTIVATION OF A GROUP ATHMOSPHERE. THIS CLASS IS GREAT FOR ALL FITNESS LEVELS. STARTING OUT? TRY OUR BEGGINER 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”
FOR INQUIRIES EMAIL GROUP EX COORDINATOR: madalene@fitnessquest.com**