

GROUP EXERCISE SCHEDULE JANUARY 1ST, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am				Cycling Ariyan			
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/ Venus	ZUMBA Claudia	9AM Pumped UP Strength Kaylee	
10:15am	Zumba Stacey	Turbo Kick Bridget	PiYo Nichole	Turbo Kick Bridget	Zumba Stacey	10AM Zumba Stacey	10AM Cycling Ariyan 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		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 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.

CARDIO STRENGTH – THIS CLASS COMBINES STRENGTH TRAINING 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

PIYO- THIS CLASS USES THE MOST EFFECTIVE PILATES AND YOGA INSPIRED MOVES SET TO A FAST PACE TO HELP BURN FAT AND SCULPT LONG, LEAN MUSCLES.

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 EMPHASIZE 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.

BOOTY SCULPT- THIS CLASS USES A TARGETED APPROACH TO GROW, LIFT AND TIGHTEN YOUR BOOTY WITHOUT BULKING UP YOUR LEGS! YOU CAN EXPECT A COMBINATION OF SPECIFIC, TARGETED, BODY-WEIGHT EXERCISES WITH TEMPO AND SEQUENCING THAT WILL WORK YOUR GLUTES, QUADS, HAMSTRINGS AND CALVES WHILE SLIMMING DOWN OTHER PART OF YOU BODY AS WELL.

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

UpBEAT BARRE- COMBINES STRENGTH TRAINING, PILATES, CARDIO, AND YOGA INTO HIGH-ENERGY FUSION OF FUN. UPB ROCKS POPULAR TUNES FOR AN INTENSE AND ACCESSIBLE MUSCULAR-ENDURANCE WORKOUT.

PUMPED UP STRENGTH- IS A NEW APPROACH TO RESISTANCE TRAINING.UTILIZING COMBINATION MOVEMENT PATTERNS IN A TARGETED, RHYTHMIC PROGRESSION, ITS SUPERPOWER IS THE DYNAMIC INTEGRATION OF UPPER AND LOWER BODY MOVEMENTS SET TO FUN MUSIC.

"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