



## **GROUP EXERCISE SCHEDULE August 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 Bootycamp* AnneMarie
9:15 am	Body Sculpt Casey	ZUMBA Andreia	Zumba Claudia	ZUMBA/ COMMIT Sarah	ZUMBA Claudia	9AM Pumped UP Strength Kaylee	9AM Zumba/ COMMIT Harrie/Jay
10:15am	Zumba Stacey	Turbo Kick Bridget/ Melissa	PiYo Nichole	Turbo Kick Bridget/ Melissa	Zumba Stacey	Zumba Stacey	10AM Cycling Ariyan
11:15am	Silver Sneakers Melissa		Boomers Melissa				11AM Cardio Box* Steven 1PM Function Strength Training* Steve
5:00 pm	Body Sculpt Kaylee	Zumba Malissa	Body Sculpt Casey	Cardio Box Theresa	Zumba Venus		
6:00 pm	ZUMBA/Toning Claudia	COMMIT/ Zumba Harrie/Jay	Yoga Casey	Zumba Tessa			
7:00 pm	Booty Bootcamp Annemarie	Cycling Ariel	Zumba/ Toning Dixie	COMMIT Kimberly			

- **Classes with \* are taught in the TURF gym area.**
- **Classe 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.**

**BODY SCULPT- A TOTAL BODY CONDITIONING AND MUSCULAR ENDURANCE WORKOUT BY USING LIGHT TO MEDIUM WEIGHTS AND OTHER FORMS OF RESISTANCE TO SHAPE, STRENGTHEN AND TONE THE BODY.**

**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](mailto:madalene@fitnessquest.com)**