



GROUP EXERCISE SCHEDULE MAY 1ST, 2025

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------------------------------|----------------------------|--------------------------------|----------------------------|------------------|---------------------------------|--|
| 6:30 am | | Yoga Katie | Yoga Briauna | Yoga Katie | Yoga Katie | | |
| 8:00 am | Yoga Briauna | UPBeat Barre Nichole | UPBeat Lift Nichole | UpBeat Barre Nichole | | ZUMBA Tessa | Cycling Ariyah |
| 9:00 am | | | | | | Bootcamp* STAFF | |
| 9:15 am | Body Sculpt Therese | ZUMBA Andreia | Zumba Claudia | ZUMBA Andreia | ZUMBA Claudia | 9AM Barre Above Kaylee | 9AM Zumba/ COMMIT Jay |
| 10:15am | Zumba Stacey | | Booty Bootcamp Annemarie | | Zumba Stacey | | 10AM Booty Bootcamp* AnneMarie |
| 11:15am | Silver Sneakers Melissa | | Boomers Melissa | | | | 11AM Cardio Box* Steven 1PM Function Strength Training* Steve |
| 5:00 pm | Body Sculpt Kaylee | Zumba/ COMMIT Sarah | Strong HIIT Rena | Cardio Box Theresa | Zumba Venus | | |
| 6:00 pm | ZUMBA/Toning Claudia | COMMIT/ Zumba Jay | Yoga Rena | Zumba Tessa | | | |
| 7:00 pm | Booty Bootcamp Annemarie | Cycling Molly | Zumba/ Toning Dixie | | | | |

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

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.

BARRE ABOVE.- BLENDS THE LATEST EXERCISE SCIENCE WITH THE PRINCIPLES OF THE LOTTE BURKE METHOD (THE GENESIS OF THE BARRE MOVEMENT) DELIVERING A FUSION OF BALLET, PILATES, YOGA AND STRENGTH TRAINING IN EACH CLASS.

UPBEAT LIFT-UPBEAT LIFT COMBINES PURE STRENGTH SUPERSET WITH PROGRESSIVE OVERLOAD ENDURANCE TRAINING, ISOLATING MUSCLE GROUPS AND WORKING TO BUID ENDURANCE IN DROP-SETS. UPL ROCKS POPULAR TUNES, CHOREOGRAPHED FOR AN INTENSE AND ACCESSIBLE MUSCULAR STRENGTH WORKOUT.

STRONG HIIT: IS A HIGH-INTENSITY INTERVAL TRAINING (HIIT) WORKOUT THAT COMBINES CARDIO, MUSCLE, CONDITIONING, PLYOMETRIC TRAINING, AND BODY WEIGHT MOVES WITH ORIGINAL 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