



# GROUP X CLASS SCHEDULE

Last Updated: 11/10/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM Cycle Debbie		5:00 AM Cycle + Debbie		5:00 AM Cycle Debbie	
	6:00 AM <b>*BURN DOWN*</b> Dylan		6:00 AM <b>*BURN UP*</b> Dylan		
8:15 AM Step & Sculpt Karen	8:15 AM TBC Nancy	8:30 AM <b>*Reformer Pilates*</b> Leah Cycle Luis	8:15 AM Hi-Lo-Pi-Yo Karen	8:15 AM C+RT Nancy	8:00 AM Step & Sculpt Sharon Cycle Karen <b>*Kickboxing*</b> Dylan
			8:30 AM <b>*Reformer Pilates*</b> Leah	8:30 AM <b>*Reformer Pilates*</b> Leah	
9:00 AM <b>*Reformer Pilates*</b> Leah <b>*BURN UP*</b> Jacob	9:00 AM <b>*BURN DOWN*</b> Jacob	9:00 AM <b>*BURN OUT*</b> John	9:00 AM <b>*BURN UP*</b> John	9:00 AM <b>*BURN DOWN*</b> Dylan	9:00 AM <b>*BURN OUT*</b> Marcos
9:30 AM Yoga Vicky		9:30 AM <b>*Reformer Pilates*</b> Leah Mat Pilates Eliza	9:30 AM <b>*Reformer Pilates*</b> Leah Barre Eliza	9:30 AM <b>*Reformer Pilates*</b> Leah Yogalates Eliza	9:30 AM Pop Pilates Celina
9:45 AM <b>*Reformer Pilates*</b> Leah	10:00 AM <b>*Reformer Pilates*</b> Leah		10:30 AM <b>*Reformer Pilates*</b> Leah Aerial Yoga Cameron		10:00 AM <b>*Reformer Pilates*</b> Cameron
10:30 AM <b>*Reformer Pilates*</b> Leah	10:45 AM <b>*Reformer Pilates*</b> Leah				
10:45 AM Bungee Fitness Cameron					
4:15 PM Step & Sculpt Sharon				4:15 PM XTREME Sharon	
5:30 PM Bootcamp Tommy <b>*BURN UP*</b> Dylan	5:00 PM Mat Pilates Shellie	5:30 PM XTREME Sharon <b>*BURN UP*</b> Dylan	5:00 PM Barre Shellie	5:30 PM Bungee Fitness Cameron	
	5:30 PM Aerial Yoga Cameron		5:30 PM Bootcamp Tommy		
6:30 PM Yoga Evelyne	6:00 PM <b>*Kickboxing*</b> Dylan Cycle Mila Zumba Rebecca	6:30 PM Yoga Karen	6:00 PM Cycle George 6:15 PM <b>*Reformer Pilates*</b> Cameron		
	7:00 PM <b>*Reformer Pilates*</b> Cameron				

Classes marked with \*asterisks\* are Specialty Programs. Please inquire at the front desk for further details.



## **CLASS DESCRIPTIONS**

**Barre:** Barre utilizes classical Ballet dance movements, Pilates, Yoga, and strength training combined with usage of the Ballet barre, resistance bands, exercise balls and small hand weights. Prepare to shake, pulse and feel the burn! Barre is suitable for ALL fitness levels. 🔥 250-450

**Boot Camp:** Bootcamp is a high intensity and high energy group fitness class. Bootcamp will challenge your strength and endurance while taking you through a variety of timed intervals and stations. Bootcamp utilizes a variety of equipment to ensure a total body workout and is suitable for ALL fitness levels. 🔥 500-800

**BURN:** These high intensity classes combine strength and endurance using treadmills, rowers, kettlebells, barbells, TRX and more to give you a complete workout every time! This class is for those who are serious about getting results. Our experienced coaches are full of life and will give you personal attention and inspiration as they push you forward with tough love. BURN UP is upper body focused, BURN DOWN lower body focused and BURN OUT is endurance focused. BURN is suitable for ALL fitness levels 🔥 450-1000+ (premium membership required)

**C+RT (Cardio Plus Resistance Training):** Combines strength training utilizing a variety of equipment with cardio moves (jumping jacks, burpees, mountain climbers, etc.) to elevate your heart rate, and boost your metabolism for an invigorating total body workout. 🔥 150-500

**Cycle:** Cycling is a great cardiovascular workout where every class utilizes different combinations of the following: small hills, steep mountain climbs, sprints, flat roads, intervals, varying resistance, and lots more!

**Cycle + 5am** – 45 minutes on the bike followed by abs & stretching OR 15 minutes of circuit training. Cycling suitable for ALL fitness levels. 🔥 400-1000+

**HiLo PiYo:** HiLoPiYo is a low impact, high energy interval workout geared towards improving your balance, strength & flexibility. We start with low impact "old school" floor aerobics, followed by strength work with light weights, a TABATA series (intense interval core/weight work), Pilates, & finish with Yoga. HiLoPiYo is suitable for ALL fitness levels. 🔥 300-400

**Kickboxing:** Kickboxing is a full body workout. You can expect improved upper body and aerobic power, anaerobic fitness, speed, flexibility, and agility. 🔥 400-1000+

**Mat Pilates:** Mat based Pilates focuses on strength, stability, posture, proper breath control & flexibility. Each class will work to balance all of your muscle groups strength & flexibility with an emphasis on challenging the core muscles with each movement. Mat Pilates classes will be taught using slow, controlled movements and is suitable for ALL fitness levels. 🔥 250-350

**Pop Pilates:** Pop Pilates takes classical Pilates to the next level by challenging students to rhythmically flow from one exercise to the next, developing a rock-solid core and leaving no muscle untouched. It is a mat based fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. Pop Pilates is suitable for ALL fitness levels. 🔥 250-350

**Reformer Pilates:** Reformer Pilates classes are a fantastic way to improve strength, posture, flexibility, balance & core development. The Reformer Pilates machine is an elegant, infinitely adjustable apparatus that uses springs and pulley's to provide finely tuned resistance that is suitable to your fitness level. 🔥 200-300 (premium membership required)

**Step and Sculpt:** Step & Sculpt will work your heart, muscles & brain in this fun energetic class! Step begins with a dynamic warm-up, followed by active, choreographed cardio exercises targeting different muscle groups. **Step** it up and down, over and around to the sound of your favorite beats in this fast paced class. **Sculpt** will focus on balance, core strength, muscular sculpting, & finish with a variety of stretches. Step & Sculpt is suitable for ALL fitness levels. 🔥 350-550

**TBC (Total Body Conditioning):** TBC is designed to provide total body strength and overall toning by working major muscle groups in a variety of ways utilizing a mix of free weights, resistance bands, medicine balls, balance balls, bender balls, weighted bars, steps, BOSU balls, etc. TBC is suitable for ALL fitness levels. 🔥 150-350

**XTreme:** Xtreme is a cross training class that uses a variety of equipment including a step, weights, resistance balls and more! You will work your core and improve flexibility and balance. Xtreme is suitable for ALL fitness levels. 🔥 350-550

**Yoga:** Yoga will work all parts of the body physically & mentally to create & compliment activities of daily life. Yoga focuses on improving balance, strength & flexibility in a peaceful, relaxed atmosphere. Yoga helps to release stress & tension using different disciplines: Vinyasa, Yin, & Hatha as well as props, (blocks, straps & the wall), to help experience the stretch & poses in a way that is achievable for all fitness levels. 🔥 200-300

**Zumba:** Zumba is a high-energy fitness program that combines international music with dance moves to target various parts of the body and improve cardiovascular health. Zumba is suitable for ALL fitness levels. 🔥 400-600

🔥 Approximate calories burned