



NOVEMBER 2024 GROUP EXERCISE

	MON	TUES	WED	THURS	FRI	SAT
5:15-6:00 AM		KettleBell w/ Danny		Cycle & Strength w/ Danny		
6:00-7:00 AM			Balance & Flex Together* w/Jenn		Balance & Flex Together* w/Jenn	
7:15-8:15 AM						Boot Camp w/Kandi
8:15-9:15 AM	Strength & Balance" w/Tony Strength Train Together w/Karen	Balance & Flex Together w/Nicole	Strength Train Together w/Nicole BODY FOCUS" w/ Tony	REFIT® Dance w/Amanda Balance & Flex Together" w/Bobbie	Strength & Balance" w/Tony Boot Camp w/Bri	Cycle w/Danny (8:25 -9:05 AM)
9:15-10:15 AM						Yoga Mechanics w/Bjo
9:30-10:30 AM	Gentle Yoga with Natural Movement" w/Sacha	KICKBOXING 101 w/Heather	Gentle Yoga with Natural Movement" w/Rebekah/Jacki	Core & More w/Heather	Pilates* w/Charles	
9:30-10:15 AM			KICK BOXING 201 w/ Roberto		DRUMS ALIVE w/ Denise	
10:30-11:30 AM	Joy Jam (Dance) w/Danielle		Zumba Gold w/Denise		Zumba Gold w/Denise	Dance w/ Jenna
12:00-1:00 PM	Dance Fitness w/Chloe	Cycle w/Danny	Rev & Flow (Dance + Tone) w/Amanda	KETTLEBELL w/Danny	Zumba w/Brandis	
1:15-2:45 PM	Power Posture w/Bjo					
4:30-5:15 PM	HIIT to FIT w/ Danny		HIIT to FIT w/ Danny	HIIT to FIT w/ Danny		
5:15-6:00 PM		Burn to the Beat w/ Danielle				
5:30-6:30 PM	Strength Train Together w/Debbie	Yoga* w/ Sharleen	Boot Camp w/Holly	Strength Train Together w/Kandi Yoga* w/ Jacki		

SPECIAL EVENT SPOTLIGHTS:

TURBO TURKEY WorkOut!

Wednesday, 11/27, 5-6:30 pm

Join in and have a chance to win a full Turkey Dinner!

ZERO GAIN CAMPAIGN Nov.1-Dec.31

Maintain (not gain) your weight this HOLIDAY SZN!



	MON	TUES	WED	THURS	FRI
8:00-9:00 AM					
8:30-9:30 AM	Aqua Rock		Aqua Rock		
10:00-11:00 AM		Range of Motion		Range of Motion	

All classes held in the Loft unless otherwise noted.

^ = North Gym * = Group Exercise Studio

" = Clubhouse

= FEE BASED

GROUP EXERCISE DESCRIPTIONS

Aqua Rock:

A high intensity aerobic section followed by stretching and strengthening exercises for a total body workout.

Balance & Flex Together:

Grow longer and stronger with an invigorating mind-body workout: Yoga, Pilates fundamentals, athletic training for balance, mobility, flexibility, and the core.

Body Focus:

Want to actually see improvements in an area of your fitness? This class is where you will be focusing on a specific fitness modality for 4-6 weeks to track your improvements. Join in any time, the “focus” changes every few weeks. All fitness levels welcome.

Boot Camp:

Circuit training class, alternating between cardio and strengthening activities.

Core & More:

Core & More will focus on core strength, balance, and movement involving both mat and standing work with occasional props.

Cycle & Strength:

A huge calorie burner! It's a 45-minute cycling experience brought indoors that includes hills, chases, climbs, and intervals.

Dance Fitness/REFIT Dance/Zumba/Zumba Gold/Gold:

A dance experience that rocks your spirit, mind, and body with powerful moves and positive music to get your glow on from the inside out!

Drums ALIVE!:

Come join the fun with the combination of music, drumming, movement, & cognitive application that has been shown to improve physical, social-emotional, & brain health.

Gentle Yoga with Natural Movement/Yoga:

Low intensity, nurturing and restorative class combining stationary and movement-based Yoga poses. Come practice foundational skills with gentle Yoga poses to improve agility, mobility, and strength in a way that makes our natural movements more efficient and relaxing at the same time.

KettleBell:

A High Intensity-ballistic workout that combines functional, compound exercises to challenge your body & raise your heart rate!

KICKBOXING 101:

Punch & kick your way through cardio & strength conditioning while improving mental clarity and building confidence!

KICKBOXING 201:

Expand the fundamentals of striking the bag w/ kicks, punches, knees, & elbows while circuit training w/ free weights & body weight drills. Class focuses on power, speed, agility, mobility, stability, & balance.

Pilates:

Improve your posture, strengthen your back and abdominal muscles, increase flexibility, prevent back pain, and tone muscles!

Power Posture:

A practice of mechanics for strength, flexibility, and endurance.

Range of Motion (Aqua Class):

This class is perfect to work into your body's own Range of Motion. The movements allow you to explore and improve your mobility and flexibility without getting your hair wet.

Rev & Flow/Burn to the Beat:

Low impact, high intensity moves set to music that strengthen and sculpt your muscles through targeted resistance training.

Strength & Balance:

Improve strength, balance, flexibility, & coordination with circuit training and floor work.

Strength Train Together:

A results driven strength training workout utilizing an adjustable barbell, plates, and body weight.