

Group Fitness



DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
5:15a - Spin Tricia	8:00a - Body Pump SueAnn	5:15a - Power Waves Julie	5:15a - Spin Tricia	9:00a - Aqua Fit Julie
8:00a - TRX & Tabata SueAnn	9:30a - Yoga Myah	8:00a - Spin & Lift Angelina	8:00a - Body Pump Tonja	9:00a - Yoga Tami
8:45a - Pilates Angelina	5:30p - Body Pump Tonja	9:00a - Aqua Fit Tracy	9:30a - Yoga Myah	(12/3)
9:00a - Aqua Fit Tracy		9:00a - Yoga Jamie (12/1, 12/15, 12/29) Myah (12/8, 12/22)	5:30p - Body Pump Tonja	8:00a - Hula Hoop Workout Angelina
10:15a - Strong Seniors Tracy		10:15a - Strong Seniors Tracy	6:45p - Yoga Jamie (12/2) Leigh-Ann (12/9, 12/16, 12/30)	(12/10)
12:15p - Spin Angelina		12:15p - RPM Tonja		8:00a - Cardio Kickboxing Angelina
5:30p - Body Pump Bob		4:00p - Dance Fitness Myah		(12/17)
6:00p - Run4Fun Leigh-Ann		5:30p - Body Pump Bob		8:00a - The 100+ Workout Angelina
		6:00p - Run4Fun Leigh-Ann		(12/24)
				8:00a - Kettlebells Angelina
				(12/31)
				8:00a - Total Body Barre Angelina

Saturday

8:00a - Body Pump
Bob

9:15a - Spin
Angelina

(No Classes on 12/25)





CLASS DESCRIPTIONS

Run4Fun- Beginner and intermediate running class that provides instruction on how to gradually increase mileage to be able to jog/run a 5k or 10k distance.

Aqua Fit- Shallow water fitness class for all abilities.

Body Pump- A barbell-based workout that's specifically designed to help you get lean, toned, and fit.

Dance Fitness- Dance fitness program that is a mix of explosive dancing and boot camp toning.

Power Waves- An intermediate total body aqua fitness class.

Spin- Indoor cycling class combining a foundation of cycling movements to create a low impact, high calorie burning workout.

Strong Seniors- Low impact exercise class that focuses on strength, balance, flexibility, and functional movements for Senior adults.

Yoga- The word yoga means to 'yoke' or 'unite'; the practice aims to create a union between mind and body.

If you have any questions about group exercises classes, please reach out to Tricia Morris!

tmorris@sportsfacilities.com