

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.

GRIT

30 minutes of high intensity interval training (HIIT).

Power Waves

An intermediate total body aqua fitness class.

RPM

Low impact group indoor cycling workout where you control the intensity.

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 exercise classes, please reach out to Tricia Morris!

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