

Group Exercise Schedule (Effective Fall/Winter 2018)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Cycle 5:15-6:15 a.m. CS: Amy W.	Barre 5:05-6:05 a.m. M&B: Danielle S.		Barre 5:05-6:05 a.m. M&B: Danielle S.	Yoga 5:15-6:15 a.m. CS: Amy M.	
	H.I.I.T. 5:15-6:15 a.m. H.I.I.T.: John M	Cycle 5:15-6:15 a.m. CS: Colten C.	H.I.I.T. 5:15-6:15 a.m. H.I.I.T.: John M	Cycle 5:15-6:15 a.m. CS: Amy M.		
	Boxing & Bags 6:00-7:00 a.m. H.I.I.T.: Brittini T.	Boxing & Bags 5:15-6:15 a.m. H.I.I.T.: Ashley C. & Fitz R (Rotation)	Boxing & Bags 6:00-7:00 a.m. H.I.I.T.: Brittini T.	Boxing & Bags 5:15-6:15 a.m. H.I.I.T. Fitz R.	Boxing & Bags 6:00-7:00 a.m. H.I.I.T.: Brittini T.	
						Barre 8:15-9:15 a.m. M&B: Amy M.
	Cycle 8:30-9:30 a.m. CS: Kristen A.	Barre 8:30-9:30 a.m. M&B: Torry M..	Cycle & Tone 8:30-9:30 a.m. CS: Heather K.	Barre 8:30-9:30 a.m. M&B: Torry M.	Cycle 8:30-9:30 a.m. CS: Malee N.	H.I.I.T 8:15-9:15 a.m. H.I.I.T.: John M.
					BODYPUMP EXPRESS 9:00-9:30 a.m. CS: Katie W.	
	Barre 9:00 – 10:00 a.m. M&B: Torry M.	BODYPUMP 9:00-10:00 a.m. S&C: Malee N.	Barre 9:00 – 10:00 a.m. M&B: Torry M.	BODYPUMP 9:00-10:00 a.m. S&C: Malee N.	Barre 9:00-10:00 a.m. M&B: Danielle S.	
	Boxing & Bags: 9:30-10:30 a.m. H.I.I.T.: Brandi L.	H.I.I.T. 9:00-9:40 a.m. H.I.I.T.: Heather K.	Boxing & Bags: 9:30-10:30 a.m. H.I.I.T.: Brandi L	H.I.I.T. 9:00-9:40 a.m. H.I.I.T.: Heather K..	H.I.I.T. 9:30-10:30 a.m. H.I.I.T.: Brandi L	Family Boxing & Bags: 9:30-10:30 a.m. H.I.I.T.: Travis C.
		ABSolutely Core 9:40-10:00 a.m. H.I.I.T.: Heather K.		ABSolutely Core 9:40-10:00 a.m. H.I.I.T.: Heather K.		Cycle & Tone 9:00- 10:00 a.m. CS: Jamie D.
	ZUMBA® 10:00-11:00a.m. S&C: Torry M.		ZUMBA® 10:00-11:00a.m. S&C: Torry M.	Yoga 9:30 – 10:30 a.m. M&B: Cynthia G		Power Yoga Express 9:30-10:15 a.m. M&B: Torry M.
		H.I.I.T. 12:00-12:45 p.m. H.I.I.T.: Ashley C.		Boxing & Bags: 12:00-12:45 pm H.I.I.T.: Ashley C.		ZUMBA® 10:30-11:30 a.m. BBALL: Torry M.
Cycle 2:00-3:00 p.m. CS: Amy W.					BODYPUMP 4:30-5:30 p.m. S&C: Jennifer C..	
	Barre: 5:30-6:30 p.m. M&B: Instructor Rotation	BODYPUMP 5:30-6:30 p.m. S&C: Amy W..	Barre: 5:30-6:30 p.m. M&B: Instructor Rotation	BODYPUMP 5:30-6:30 p.m. S&C: Amy W.		
		Cycle 6:00 – 7:00 p.m.. CS: Jeremy H.		Cycle 6:00 – 7:00 p.m.. CS: Hannah S.		
	Boxing & Bags 6:00-7:00 p.m. H.I.I.T.: Jonathan M.	H.I.I.T. 6:00-7:00 p.m. H.I.I.T.: Amy M.	Boxing & Bags 6:00-7:00 p.m. H.I.I.T.: Jonathan M.	H.I.I.T. 6:00-7:00 p.m. H.I.I.T.: Amy M.		
	Flow Yoga 6:30-7:30 p.m. M&B: Rachael M.	ZUMBA® 6:40-7:40p.m. S&C: Crystal M.	Flow Yoga 6:30-7:30 p.m. M&B: Rachael M.	ZUMBA® 6:40-7:40 p.m. S&C: Crystal M.		

KEY:
H.I.I.T.: H.I.I.T Zone
PS: Pilates Studio
CS: Cycle Studio
S&C: Strength & Cardio Studio
M&B: Mind & Body Studio
BBALL: Basketball Court
\$\$: Fee Based Class



H.I.I.T. Zone:

- **H.I.I.T.:** Unleash greater power in an innovative circuit that alternates weight lifting with body resistance, mixing moves like pull-ups, planks, deadlifts and arm presses to keep you constantly challenged. (40-60 minutes)
- **Boxing & Bags:** This is the ultimate boxing circuit with a variety of intense stations to rotate through. From bags, mitts and mats this class will train you to move, look, and feel like a champion. (60 minutes)
- **Family Boxing & Bags:** From bags, mitts, and mats this class will train you to move, but not just you! Sign your kids up to enjoy this ultimate boxing circuit with you. For the first 45 minutes the adults and kids will be separated to get in their bags, strength, and mitt circuits. The last 15 minutes the adults and kids will come together for a parent/kid ab workout. Register your kids quickly, there is only 15 spots available for kids and registrations opens 48 hours before the class begins. (60 minutes)
Age Ranges 8-11
- **ABSolutely Core:** Never easy, but always worth it! This hardcore abdominal workout focuses on toning and defining the abs and strengthening the back to improve posture and core strength. You can end your H.I.I.T session with this core centered class or jump in for this 20 minutes of pure abs! (20 minutes)

Strength & Cardio Studio:

- **BODYPUMP™** is a barbell workout for anyone looking to get lean, toned and fit – fast.! Using light to moderate weights with lots of repetition, gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own (60 minutes)
- **BODYPUMP Express:** Same amazing total body workout just a 30 min format where every second is utilized! You'll leave the class feeling challenged and motivated, ready to come back for more. (30 minutes)
- **ZUMBA ®:** A fusion of Latin and International music that create a dynamic, exciting, and based on the principle that a workout should be fun. The of fast and slow rhythms that tone and sculpt the body. (60 minutes)

Cycle Studio:

- **Cycle:** By design this class will challenge you. Classes are technique based and real terrain based. Focusing on cadence, heart-rate zones, massive climbs, hovers, and sprints that can make an unpredictable ride that is fun and

challenging. Escape to a variety of music while torching the calories. (60 minutes)

- **Cycle & Tone:** Cycle with a twist. The last 15 minutes of this class the instructor will take you through a full body strength training session to help build muscle and burn fat! (60 minutes)

Mind & Body Studio:

- **Yoga** Flow through poses exploring breath control, strength, and flexibility. Utilizing ujjayi breathing, we practice staying calm in physical stressful situations by holding a pose for a long time, or by flowing through a series of strong poses. Yoga compliments any other form of exercise, or is great as a standalone practice. Each class may target various areas such as core strength, hip strength and flexibility or it may incorporate all areas in one class. Great for injury prevention, mental clarity, breath work, gained strength, and flexibility. (60 minutes)
- **Power Yoga Express:** This class is one of our most athletic yoga practices. Upbeat, vigorous, dynamic, and physically energizing form of Yoga that is designed to sculpt your body. It includes various elements of many different Yoga styles. (45 minutes)
- **Flow Yoga:** Whether you're using this as an intro to yoga or a refresher course, you'll be guided through an empowering practice. (60 minutes)
- **Barre:** Barre at its best, done the VERDURE way. Develops long and lean muscles by combining ballet movements with core work and stretches for that ballerina's figure. (60 minutes)

