

# GROUP FITNESS

Week of 4/28/25

## Monday 28

**9:00-9:45am B \*Spin Zone 1-4 Maureen**

9:15-10:15am A Cardio & Weights

Intervals - Maureen

5:30-6:30pm A Werq and Core - Rachel

6:30-7:30pm A Body Conditioning - Maki

## \*\* Notes a substitute

**Classes in bold, all students must sign up on our app or thru the service center to save your spot.**

**Studio B - All Spin classes are held here.**

**Studio A - Everything other than Spinning is held here.**



## Tuesday 29

9:15-10:15am A Cardio-mix - Patty

6:00-7:00pm A Body Conditioning  
plus - Lynn

## Thursday 1

6:00-7:00am A Body Conditioning  
plus Lynn

9:15-10:15am A 3 - 2 - 1 Patty

11:15-12:00pm A Cardio-Combo  
Andy

**5:30-6:30pm A TRX Jenny**

**6:30-7:15pm B \*Spin Zone 1-4 Kari**

## Friday 2

**6:00-6:45am B \*Spin Zone 2-4 Gary**

9:15-10:00am A Cardio Kickboxing  
Jenny

## Wednesday 30

9:15-10:00am A Zumba - Sanda

**9:00-9:45am B \*Spin Zone 2-4 -  
Sara**

10:15-11:15am A Body Conditioning  
Maureen

5:30-6:30pm A Werq! - Rachel

6:30-7:30pm A Body Conditioning  
Devra

## Saturday 3

**9:00-9:45am B \*Spin Zone 2/4**

**Interval - Connie**

9:15-10:15am A 3 - 2 - 1 Sandy

10:30-11:30am A Body Conditioning  
Maki

## Sunday 4

**8:00-9:00am A TRX Lynn**

9:15-10:00am A HIIT Maki

**9:00-9:45am B \*Spin Zone 2-4 Sara**

10:30-11:30am A Zumba Miki



# Descriptions



**Cardio-mix**- 40 minutes of straight-up choreographed low-ish impact aerobics. There will always be core work and a cool down to finish. This class is for every one, modifications will always be shown.

**HIIT**-This class is perfect for those who want to make the most of their workout in the shortest amount of time. HIIT stands for High Intensity Interval Training. This class includes aerobic and muscle work with short rest periods. The aerobic work is done in drills, there is no choreography to follow! This is actually an easily modified class. "High Intensity" is a relative term! YOU determine what is high intensity for you!

**Cardio Combo** - This class is the perfect blend of "old school" aerobics, balance and posture work with muscle endurance work. This is the perfect class for someone starting a fitness regime, fallen out of fitness. We wouldn't say it's an easy class, it's easier to follow.

**3 - 2 - 1** Join the 3-2-1 group fitness class for a new dynamic workout! 3 minutes of non-choreographed cardio, 2 minutes of strength work, 1 minute of core. This class offers adaptability for all fitness levels with modifications guided by the instructor. The class starts with a warm-up, includes multiple rounds of the 3 segments, and ends with a cool-down and deep stretch.

**Zumba** - An exciting dance fitness class using Latin music with traditional dances mixed with other genres of music and dance moves. No doubt, this is a fun and challenging workout for all fitness levels.

**Spinning**- Our Spinning classes are conducted on the Spinner® Chrono™ Power bikes from Precor. The Spinner Chrono Power bike will exceed your expectations. We are proud to say all of our teachers are certified through Mad Dogg, some have furthered their education and are Spin Power Instructors. Formats for classes are specified on the Group Fitness schedule so you can plan your rides for the week. You must sign up on our app or at the Service Center, to reserve a bike.

**Werg** - This is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

**TRX Circuit** - The TRX Suspension Trainer enables you to be in control of the resistance level and range of motion of each exercise. In this class you will safely perform exercises that build strength, flexibility, and balance, all at the intensity you choose. This class is another option for crosstraining.

**Body Conditioning** - All strength and endurance. Any combination of weights, tubing and body bars will be used to challenge you. Your instructors think long and hard to make this class different every time you attend. Modifications are always shown and if you're new to working out you always want to take things at your own pace.

**Body Conditioning Plus** - This class goes a step further than the Body Conditioning class and will include short bursts of aerobic drills.

**Cardio Kickboxing** -