



GROUP EXERCISE SCHEDULE

Class Color Codes

High Intensity =

Low - Medium Intensity =

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:00 – 7:30 Sports Conditioning <i>Duane</i>		7:00 – 7:30 Functional Form <i>Duane</i>	
11:15 – 12:00 Spin to Win <i>Aaron</i>	11:15 – 12:00 Kettle Core <i>Duane</i>	11:15 – 12:00 Buns & Guns <i>Aaron</i>	11:15 – 12:00 Kickbox n' Burn <i>Daisha</i>	11:15 – 12:00 Sculpt 12:00 – 12:15 Core Blast <i>Aaron</i>
12:05 – 1:05 Hatha/Vinyasa Yoga <i>Smita</i>	12:05 – 12:50 Zumba® <i>Sidney</i>	12:05 – 12:50 Spin to Win <i>Aaron</i>	12:20 – 1:05 Pilates-Yoga Fusion <i>Julie</i>	12:20 – 1:20 Yoga <i>Sheree</i>
1:30 - 2:30 Daily * <i>Meditation Hour</i> - Use the GX room to relax and recharge for a productive workday - <i>Meditation Hour</i> *				
5:15 – 6:00 Buns & Guns 6:00 – 6:15 Core Blast <i>Aaron</i>		5:15 – 6:00 Sculpt 6:00 – 6:15 Core Blast <i>Daisha</i>		

effective October 2019

CLASS DESCRIPTIONS A - Z

Hatha Vinyasa Yoga – This class will focus on uniting mind, body & spirit through the practice of postures, breathing & relaxation techniques. Each posture is held for several breaths, and students are invited to direct attention to breath & sensations. Benefits of Hatha Yoga include increased strength, balance, flexibility and concentration, as well as a greater sense of peace and wellbeing. All levels are welcome. *Max 25 participants.*

Buns & Guns – Work on upper body strength (specifically the arms) and lower body strength (specifically the glutes)!
Appropriate for all fitness levels. *Max 20 participants.*

Sculpt – Sculpt focuses on incorporating the four aspects of fitness, strength, conditioning, balance, and flexibility together to create an all encompassing total body burn to help lean out and condition! Appropriate for beginner to intermediate levels. *Max 20 participants.*

Core Blast – A low-impact class focusing on all aspects of the core, including the abdominals, obliques, and lower back.
Appropriate for all fitness levels. *Max 25 participants.*

Kettle Core – This moderate to high intensity class is a combination of kettlebell exercises, high intensity cardio bouts, and core strengthening. Appropriate for intermediate – advanced levels. *Max 20 participants.*

Functional Form – Jump start your morning with a combination of static and mobility stretches to improve recovery times and increase range of motion!
Appropriate for all fitness levels. *Max 25 participants*

Pilates-Yoga Fusion – A holistic workout focusing on core strength and flexibility incorporating both moves from Pilates and stretches/poses from Yoga.
Appropriate for all fitness levels. *Max 25 participants.*

Sports Conditioning – A moderate to high-intensity class designed to improve the fundamental components of balance, speed, agility & power.
Appropriate for intermediate – advanced levels. *Max 20 participants.*

Step & Strength – A high energy, intense aerobic choreographed class using a step and other free weights for strength training.
Appropriate for intermediate – advanced levels. *Max 20 participants.*

Spin to Win* – A low-impact, high-octane cycle workout with themed playlists! One week could have a hip-hop playlist, another could have 80's rock, or even a playlist with a mix of random genres! You never know what you're going to get!
Appropriate for all fitness levels. Max 10 participants **Registration Required*

Yoga – A relaxing class of deep breathing and yoga postures for a renewed mind and body.
Appropriate for all fitness levels. Max 25 participants.

Zumba – Low impact aerobic workout that fuses hypnotic Latin dance rhythms.
Appropriate for all fitness levels. Max 25 participants.