

# Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	Monday Mania	Jump Start	Suspind	Jump Start	*HYROX*		
8:15 AM	Suspind	Spinning Body Flex	Suspind	Spinning Body Flex	Friday Shred	Spinning	
9:00 AM	Body Alive	Pure Strength Bootcamp	Body Alive	Pure Strength HYROX	Flex &Flow	Super Step Yoga	
10:00 AM	Yoga HYROX	Zumba	Yoga HYROX	Zumba		Zumba	
12:05 PM	HYROX	HYROX	HYROX				
2:15 PM							X-treme Hip-Hop
3:00 PM							HYROX
4:30 PM	Zumba		Kick Box Cardio				
5:30 PM	Super Step		Super Step				
5:45 PM	Spinning HYROX Yoga	Zumba Bootcamp	HYROX Yoga	Zumba Bootcamp Spinning			
6:30 PM		X-treme Hip-Hop	Abs/Core (15 mins)	X-treme Hip-Hop			
6:45PM	Hip Hop Dance						

# Class Descriptions

**BODY ALIVE**: A 45 min class of light cardio, weight toning, stretch, & balance exercises to increase strength and flexibility. ALL FITNESS LEVELS.

**BODY FLEX**: Slow paced and relaxing stretches for the entire body. This class is great for all levels of fitness and athletes. ALL FITNESS LEVELS.

**BOOTCAMP**: A high intensity functional training workout combining cardiovascular endurance, strengthening, and agility exercises.

challenging and creative workouts each class! HIGH INTENSITY

**Flex & Flow**: A 30-minute class that includes stretching, mobility, and Pilates. ALL FITNESS LEVELS.

**FRIDAY SHRED**: A 45 min calorie scorching class designed with a wide range of formats in strength training & cardio. This class will undoubtedly burn the calories you want at the end of the week.

**HIP HOP DANCE**: A 45-minute mid-to-high intensity cardio and dance fitness class. ALL FITNESS LEVELS.

**HYROX**: Combines both running and functional workout stations. Classes will focus on running and functional movements including sled push and pull, ski erg, rower, farmers carry, lunges, wall balls, and burpee broad jumps. This class is for ALL FITNESS LEVELS. **\*\* HYROX ON FRIDAY WILL BE ONCE A MONTH \*\***

**JUMP START**: Start your day off with this 45 min class combining toning and cardio in a circuit format. ALL FITNESS LEVELS.

**KICK BOX CARDIO**: Kick, punch, bob, and weave your way through a 45-minute higher level fitness workout that includes fun choreography and music! ALL FITNESS LEVELS.

**MONDAY MANIA**: 30-45 minutes of interval training! Start your week with a fun and challenging workout to boost metabolism and gain endurance.

**PURE STRENGTH**: A complete strength training routine using body weight, free weights, and other equipment to increase metabolism, muscle strength, endurance, and help decrease body fat. ALL FITNESS LEVELS.

**SUPER STEP**: 55 mins non-stop, advanced step and high/low aerobics to high energy music. HIGH INTENSITY.

**SUSPIND**: A combination of spinning and bootcamp for cardiovascular and strength challenges. HIGH INTENSITY.

**X-TREME HIP-HOP**: A combination of cardio, step, and hip-hop music to provide a fun and fresh spin on step aerobics.

**YOGA**: Designed to build flexibility and strength, this class works to improve circulation, create a light strong body, and a calm mind. ALL FITNESS LEVELS.

**ZUMBA**: A combination of Latin and international music and dance moves to effectively burn calories, tone, and improve cardiovascular stamina.