



GROUP EXERCISE SCHEDULE DECEMBER 1ST, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am		Yoga Katie/ Briauna			Yoga Katie/ Briauna		
8:00 am	Yoga Casey	UPBeat Barre Nichole	UPBeat Lift Nichole	UpBeat Barre Nichole		ZUMBA Tessa	Cycling Ariyah
9:00 am						Bootcamp* STAFF	
9:15 am	Body Sculpt Casey	ZUMBA Andreia	Zumba Claudia	ZUMBA Andreia	ZUMBA Claudia	9AM Pumped UP Strength Kaylee	9AM Zumba/ COMMIT Harrie/Jay
10:15am	Zumba Stacey		Booty Bootcamp Annemarie		Zumba Stacey		10AM Booty Bootcamp* AnneMarie
11:15am	Silver Sneakers Melissa		Boomers Melissa				11AM Cardio Box* Steven 1PM Function Strength Training* Steve
5:00 pm	Body Sculpt Kaylee	Zumba Malissa	Strong HIT Rena	Cardio Box Theresa	Zumba Venus		
6:00 pm	ZUMBA/Toning Claudia	COMMIT/ Zumba Harrie/Jay	Yoga Rena	Zumba Tessa			
7:00 pm	Booty Bootcamp Annemarie	Cycling Ariel	Zumba/ Toning Dixie	COMMIT Jay			

- **Classes with * are taught in the TURF gym area.**
- **Classe and instructors are subject to change**



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CLASS DESCRIPTIONS:

YOGA – INSTRUCTOR WILL GUIDE YOU THRU A SERIES OF POSES WITH BREATHING AND STRETCHING TO WORK STRENGTH, POSTURE AND BALANCE WHILE CONNECTING WITH YOUR MIND AND BODY HELPING REDUCE STRESS AND PROMOTING RELAXATION.

ZUMBA – DANCE FITNESS THAT INCORPORATES RHYTHMS FROM ALL OVER THE WORLD TO CREATE A DYNAMIC, EXCITING AND EXHILARATING CARDIO EXPERIENCE.

ZUMBA TONING – ALL THE FUN OF ZUMBA CLASS WHILE INCORPORATING LIGHT WEIGHT RESISTANCE TRAINING FOR MUSCULAR ENDURANCE AND TONING.

CARDIO STRENGTH – THIS CLASS COMBINES STRENGTH TRAINING WITH CARDIO DRILLS IN A CIRCUIT FORMAT FOR A TOTAL BODY WORKOUT

CYCLING – INSTRUCTOR WILL GUIDE YOU AND MOTIVATE YOU THRU THE RIDE. INCORPORATE INTERVAL TRAINING FOR A CHALLENGING CARDIO WORKOUT

PIYO- THIS CLASS USES THE MOST EFFECTIVE PILATES AND YOGA INSPIRED MOVES SET TO A FAST PACE TO HELP BURN FAT AND SCULPT LONG, LEAN MUSCLES.

BODY CONDITIONING – A FULL BODY WORKOUT INCORPORATING WEIGHTS, BANDS AND BODY RESISTANCE WITH CARDIO AND ENDURANCE DRILLS.

CARDIO BOXING – CIRCUIT STYLE WORKOUT WITH FOCUS ON BOXING TECHNIQUE AND ENDURANCE.

BOOTCAMP – BOOTCAMP STYLE CLASS WITH EMPHASIZE ON WORKING THE LEGS AND GLUTES.

BOOTCAMP – INTERVAL TRAINING CLASS THAT COMBINES CARDIO, CALISTHENIC, BODY WEIGHS AND STRENGTH TRAINING DRILLS WITH THE GUIDANCE OF A TRAINER AND THE MOTIVATION OF A GROUP ATMOSPHERE. THIS CLASS IS GREAT FOR ALL FITNESS LEVELS. STARTING OUT? TRY OUR BEGINNER BOOTCAMP CLASS.

BODY SCULPT- A TOTAL BODY CONDITIONING AND MUSCULAR ENDURANCE WORKOUT BY USING LIGHT TO MEDIUM WEIGHTS AND OTHER FORMS OF RESISTANCE TO SHAPE, STRENGTHEN AND TONE THE BODY.

COMMIT DANCE FITNESS - THIS DYNAMIC, FUN FILLED CLASS CONSIST OF ALL MUSIC GENRES INCORPORATING TRADITIONAL FITNESS MOVEMENTS.

UpBEAT BARRE- COMBINES STRENGTH TRAINING, PILATES, CARDIO, AND YOGA INTO HIGH-ENERGY FUSION OF FUN. UPB ROCKS POPULAR TUNES FOR AN INTENSE AND ACCESSIBLE MUSCULAR-ENDURANCE WORKOUT.

PUMPED UP STRENGTH- IS A NEW APPROACH TO RESISTANCE TRAINING.UTILIZING COMBINATION MOVEMENT PATTERNS IN A TARGETED, RHYTHMIC PROGRESSION, ITS SUPERPOWER IS THE DYNAMIC INTEGRATION OF UPPER AND LOWER BODY MOVEMENTS SET TO FUN MUSIC.

UPBEAT LIFT-UPBEAT LIFT COMBINES PURE STRENGTH SUPERSET WITH PROGRESSIVE OVERLOAD ENDURANCE TRAINING,ISOLATING MUSCLE GROUPS AND WORKING TO BUID ENDURANCE IN DROP-SETS.UPL ROCKS POPULAR TUNES,CHOREOGRAPHED FOR AN INTENSE AND ACCESSIBLE MUSCULAR STRENGTH WORKOUT.

**“ALL FITNESS LEVELS WELCOME. PLEASE ARRIVE EARLY TO CLASS. WHEN ARRIVING LATE MAKE SURE TO WARM UP BEFORE EXERCISING. GROUP EXERCISE ROOM IS RESERVED FOR CLASSES DURING THESE TIMES”
FOR INQUIRIES EMAIL GROUP EX COORDINATOR: madalene@fitnessquest.com**