

# GROUP EXERCISE SCHEDULE

EFFECTIVE: March 3, 2023

## Monday

Time (a.m.)	Class	Instructor
5:15 - 6:00	RazorFit*	Brian R
5:30 - 6:15	AMPED - Gym	Susan
6:15 - 7:00	Yoga (Vinyasa Flow)	JT
6:20 - 6:50	Burn30 - Gym	Dani
8:00 - 8:45	Sculpt	Lisa
8:30 - 9:15	RazorFit*	Nick
8:30 - 9:30	HIIT It - Gym	Carla
9:00 - 9:45	AMPED	Whitney
9:00 - 9:50	Group Cycling* - RS	Cary
9:00 - 9:55	AquaFit	Linda
9:45 - 10:45	Hip Hop Cardio - Gym	Beverly
10:00 - 10:30	Burn30* - Box	Suzanne
10:00 - 10:45	Pilates	Danielle
11:00 - 11:30	Legends - Box	JD
11:00 - 11:45	Yoga Stretch	Beverly
11:55 - 12:55	Tai Chi	Jerry

### Time (p.m.)

12:00 - 1:00	Yoga (Vinyasa Flow) - BSt	Kelly
12:00 - 12:45	Group Cycling* - RS	Jay
1:00 - 1:45	Senior Weights	Jeff
4:30 - 5:15	Rhythm Ryde* - RS	Jennifer
4:30 - 5:15	Hip Hop Cardio	Marion
5:00 - 5:45	RazorFit*	Sarper
5:30 - 6:15	Yoga (Vinyasa Flow)	Sherri
5:30 - 6:15	Group Cycling	Krissa
5:40 - 6:25	Sculpt - BSt	Madison
6:00 - 6:45	RazorFit*	Sarper
6:30 - 7:30	Hip Hop Cardio	Joshua

## Tuesday

Time (a.m.)	Class	Instructor
5:15 - 6:00	RazorFit*	Steven
5:30 - 6:15	Sculpt - Gym	Dani
5:40 - 6:25	Group Cycling	Ian
8:00 - 8:35	Stretch	Victoria
8:15 - 9:15	Yoga (Vinyasa Flow) - BSt	Heather
8:30 - 9:15	RazorFit*	Nick
8:30 - 9:30	CardioMix - Gym	Lisa/Charla
8:45 - 9:30	Pilates	Victoria
9:00 - 9:55	AquaFit	Kelley
9:35 - 10:20	BAND - IT	Charla
9:45 - 10:10	Foundation Training - BSt	Lisa
10:00 - 10:30	Burn30* - Box	Suzanne
10:40 - 11:25	Barre Blast - BSt	Lauren
10:30 - 11:30	Yoga (Vinyasa Flow)	Tanesha

### Time (p.m.)

1:00 - 2:00	Yoga (Yin)	Sabra
4:15 - 4:45	Kids Strength and Conditioning* - Box	Nick
4:30 - 5:15	AMPED	Hannah
4:45 - 5:30	Rhythm Ryde* - RS	Lindsay
5:00 - 5:45	RazorFit*	Nick/Brittney
5:30 - 6:15	Barre Blast - BSt	Sarah
6:00 - 7:00	Charlie Mike HIIT - Gym	Carlos/Brittney
6:30 - 7:30	Yoga (Yin) - BSt	Monique

## Wednesday

Time (a.m.)	Class	Instructor
5:15 - 6:00	RazorFit*	Steven
5:30 - 6:00	Burn30 - Gym	Dani
6:15 - 6:45	Burn30 - Gym	Dani
6:15 - 7:00	Yoga (Vinyasa Flow)	JT
8:00 - 8:45	Sculpt	Hannah
8:30 - 9:15	Razorfit*	Nick
9:00 - 9:45	AMPED	Whitney
9:00 - 9:55	AquaFit	Hannah
9:45 - 10:45	Hip Hop Cardio - Gym	Beverly
10:00 - 10:30	Burn30* - Box	Lauren
10:00 - 10:45	Pilates	Danielle
10:00 - 11:00	Yoga (Vinyasa Flow) - BSt	Tanesha
11:00 - 11:45	Yoga Stretch	Beverly
11:00 - 11:45	Legends - Box	JD
11:55 - 12:55	Tai Chi	Ileina

### Time (p.m.)

12:00 - 12:55	Group Cycling* - RS	Carla
1:00 - 1:45	Senior Weights	Jeff
4:30 - 5:15	Rhythm Ryde* - RS	Jennifer
4:30 - 5:15	Hip Hop Cardio	Marion
5:00 - 5:45	RazorFit*	Nick
5:30 - 6:15	Yoga (Vinyasa Flow)	Heather
5:30 - 6:15	Group Cycling* - RS	Krissa
5:40 - 6:25	Barre Blast - BSt	Sarah
6:00 - 6:45	RazorFit*	Nick
6:30 - 7:30	Hip Hop Cardio	Sarah

RS - Ryde Studio, BSt - Barre Studio, Box - The Box

All Razorfit classes are held in The Box.

Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of six participants to remain on schedule.

\*Registration on the App required.



# GROUP EXERCISE SCHEDULE

**EFFECTIVE: March 3, 2023**

<b>Thursday</b>			<b>Friday</b>			<b>Saturday</b>					
<b>Time (a.m.)</b>	<b>Class</b>	<b>Instructor</b>	<b>Time (a.m.)</b>	<b>Class</b>	<b>Instructor</b>	<b>Time (a.m.)</b>	<b>Class</b>	<b>Instructor</b>			
5:15 - 6:00	RazorFit*	Steven	5:15 - 6:00	RazorFit*	Brian R	8:00 - 8:45	RazorFit*	Steven/Brian			
5:30 - 6:15	Sculpt - Gym	Mollie	5:30 - 6:00	Burn30 - Gym	Dani	9:00 - 9:55	AquaFit	Anna			
5:40 - 6:25	Group Cycling	Mike	6:15 - 6:45	Burn30 - Gym	Dani	9:00 - 10:00	Charlie Mike HIIT - Gym	Carlos			
8:00 - 8:30	Stretch	Victoria	8:00 - 8:45	Sculpt	Aimee	10:15 - 11:15	Yoga Power	Chimeg			
8:15 - 9:15	Yoga (Vinyasa Flow) - BSt	Heather	8:30 - 9:15	RazorFit*	Nick	<b>Time (p.m.)</b>					
8:30 - 9:30	CardioMix - Gym	Lisa	8:30 - 9:30	HIIT It - Gym	Carla	4:00 - 5:15	Yoga Hot	Heather			
8:30 - 9:15	RazorFit*	Nick	9:00 - 9:45	AMPED	Aimee	<b>Sunday</b>					
8:45 - 9:30	Pilates	Victoria	9:00 - 9:55	AquaFit	Kelley						
9:00 - 9:50	Group Cycling* - RS	Cary	9:45 - 10:45	Hip Hop Cardio - Gym	Beverly						
9:00 - 9:55	AquaFit	Anna	10:00 - 10:30	Burn30* - Box	Lauren						
9:35 - 10:20	Step	Heather D	10:00 - 10:45	Pilates	Matthew						
9:45 - 10:10	Foundation Training - BSt	Victoria	11:00 - 11:45	Yoga Stretch	Beverly						
10:00 - 10:30	Burn30* - Box	Suzanne	11:00 - 11:30	Legends - Box	Nick						
10:40 - 11:25	Barre Blast - BSt	Lauren	<b>Time (p.m.)</b>								
10:30 - 11:30	Yoga (Vinyasa Flow)	JT	12:00 - 12:50	Group Cycling* - RS	Krissa				8:30 - 9:15	Rhythm Ryde* - RS	Lindsay
<b>Time (p.m.)</b>			12:00 - 12:45	Sculpt	Beverly				9:30 - 10:30	Yoga Power	Chimeg
1:00 - 2:00	Yoga (Yin)	Sabra	4:30 - 5:00	Kids Strength and Conditioning* - Box	Nick	<b>Time (p.m.)</b>					
4:30 - 5:15	AMPED	Tracie	4:30 - 5:15	Step	Trish	1:00 - 2:00	Hip Hop Cardio	Sandy			
4:45 - 5:30	Rhythm Ryde* - RS	Lindsay	5:30 - 6:30	Hip Hop Cardio - Gym	Joshua	2:15 - 3:15	Yoga Stretch	Beverly			
5:00 - 5:45	RazorFit*	Jessica				3:30 - 4:15	AMPED	Madison			
6:00 - 7:00	Charlie Mike HIIT - Gym	Jessica/Madison				4:00 - 5:00	Yoga (Vinyasa Flow) - BSt	Jessica			
6:00 - 7:00	Yoga (Vinyasa Flow)	Jessica									

RS - Ryde Studio, BSt - Barre Studio, Box - The Box

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# GROUP EXERCISE CLASSES

## **Amped**

A 45 minute full body workout where cardio conditioning is incorporated with weight training. AMPED will improve muscle tone and definition while burning calories in a diverse way. This challenging class is welcome to all fitness levels as most movements can be modified to your own pace and needs. Set to a great musical playlist that is sure to get you AMPED!

## **AquaFit**

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

## **BAND-IT**

While small enough to fit in your pocket, the unassuming resistance band shows no mercy in this class. Specifically, BAND-IT blends smaller, low impact movements that generate an intense muscular burnout from multiple angles with dynamic movement to target larger muscle groups and build lean body mass.

## **Barre Blast**

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls and light dumbbells to perform small isometric movements that create long, lean muscles. In Barre Blast, we intersperse traditional Barre moves with bursts of high intensity aerobic activity.

## **Burn30**

This high intensity, circuit-based class is designed to optimize your workout time. The full body workouts stack simple yet effective movements at a rapid-fire pace to burn fat and build muscle. While each class places emphasis on either upper body, lower body or core, they all will test your cardio and strength.

## **CardioMix**

A blend of aerobic activity and interval training designed to get you in great shape and burn calories.

## **Charlie Mike HIIT (CM)**

In the military, "Charlie Mike" means "continue mission," i.e. keep pressing forward. CM builds upon the HIIT2 class format by adding elements of CrossFit and strength training. Come join us and continue your mission as we "Try, Believe and Conquer!"

## **Foundation Training**

Foundation Training's easy to learn exercises, strengthen the back, improve posture and mobility. Improved movement patterns are a direct benefit of practicing foundation training.

## **Group Cycling**

A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level..

## **HIIT It**

If you're all about variety, then this strength and conditioning class is for you. You'll use treadmills, rowers, TRX straps, air bikes, battle ropes and an assortment of free weights under the guidance of an experienced coach who will be happy to offer modifications as needed.

## **Hip Hop Cardio**

It's hip, it's hot, it's the latest dance grooves set to the hottest music, latin or otherwise. This high-energy dance workout will burn the calories while you shake up your workout (and your "groove thing").

## **Kids Strength and Conditioning**

Functional training for ages 9 - 15. Improve movement, general strength, coordination, balance and cardiovascular health.

## **Legends**

Legends is Razorfit tailored for people 50+ years old.

## **Pilates**

Pilates (puh LAH teez) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves.

## **Razorfit**

A Razorfit WOD ("workout of the day") consists of functional fitness exercises, done quickly, for a set period of time, in a set format and for a score. All workouts are scalable and all fitness levels are welcome.

## **Rhythm RYDE**

In this class we whoop it up and work it out on the bike. You (and your abs) will be fully engaged on this mixed interval ride. With life size dance videos playing for motivation, you'll shred calories while the time flies by.

## **Sculpt**

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

## **Senior Weights**

This class is designed for people with arthritis, fibromyalgia, back pain, and those who have undergone joint replacements. Join us for light conversation and work to increase range of motion, strength, balance, coordination, and flexibility.

## **Step**

A cardiovascular workout using the step. Sequences are introduced and developed as the class progresses.

# GROUP EXERCISE CLASSES

## **Tai Chi**

*Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person's physical condition.*

## **Yoga - Hot**

*Hot Yoga is done in 90+ degree heated and humidified room. A vigorous yoga session at this temperature promotes profuse sweating and makes the body very warm and therefore more flexible.*

## **Yoga - Power**

*Intermediate to Advanced practice, but All Levels are welcome. Power Yoga moves more quickly between poses with a focus on building strength, and incorporates a more advanced flow with powerful holds, twists, balance and movement. Having some practiced yoga experience is recommended.*

## **Yoga - Vinyasa Flow**

*Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.*

## **Yoga - Yin**

*This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and spine improving stability in the low back and knees. Postures take place on the floor and are held for longer periods of time. Yin yoga restores energy, calms the nervous system and helps in injury prevention and joint health.*

## **Yoga Stretch**

*This class is a traditional Hatha yoga class with an emphasis on stretching. The practice is held in a calming environment to improve your flexibility, strength and balance.*