



GROUP EXERCISE SCHEDULE

Effective October 1, 2018

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Cycle Express (45 min. w/Pat)		Cycle Express (45 min. w/Pat)		
	Warrior Bootcamp (60 min. w/Alec)	BOOTCAMP 101 (60 min. w/Val)	Warrior Bootcamp (60 min. w/Eric)	BOOTCAMP 101 (60 min. w/Val)	Warrior Bootcamp (60 min. w/Eric)	
6:30am		Synrgy 360 (30 min)		Synrgy 360 (30 min)		
8:30am	Warrior Bootcamp (60 min. w/Jake)	Cycle Express (45 min. w/Cindy)	Warrior Bootcamp (60 min. w/Jake)	Cycle Express (45 min. w/Courtney)	Warrior Bootcamp (60 min. w/Jake)	Warrior Bootcamp (60 min.)
	Strength & Resistance (45 min. w/Kathy)	HIIT (High Intensity Interval Training) (45 min. w/Kathy)	TRX + Cardio Fusion (60 min. w/Cindy)	HIIT (High Intensity Interval Training) (45 min. w/Kathy)	Strength & Resistance (45 min. w/Kenzi)	
9:00am		Cardio Tennis (tennis fees apply)			Cardio Tennis (tennis fees apply)	ZUMBA (60 min.)
						Cardio Tennis (tennis fees apply)
9:30am	Senior Fitness *Beginner level. Open to all ages. (60 min. w/Eric)	Yoga (60 min. w/Lydia)	Senior Fitness *Beginner level. Open to all ages. (60 min. w/Cindy)	Yoga (60 min. w/Lydia)	★ Chair Yoga (60min. W/Andrea)	
3:15pm	Warrior Bootcamp (60 min. w/Eric)		Warrior Bootcamp (60 min. w/Eric)			
4:30pm	Warrior Bootcamp (60 min. w/Alec)		Warrior Bootcamp (60 min. w/Alec)		Warrior Bootcamp (60 min. w/Eric)	
5:00pm		★ ZUMBA (60 min.) *Meet in back studio		★ ZUMBA (60 min.) *Meet in back studio		
5:30pm	Kickboxing (45 min. w/Breanna)	Strength & Resistance (50 min. w/Kenzi)	Kickboxing (45 min. w/Breanna)	Strength & Resistance (50 min. w/Kenzi)		
6:00pm	Warrior Bootcamp (60 min. w/Alec)	Cardio Tennis (tennis fees apply)	Warrior Bootcamp (60 min. w/Alec)	★ Kettlebell Conditioning (30 min. w/Alec)		
6:15pm	YOGA/Core (60 min. w/Cassie)		YOGA/Core (60 min. w/Cassie)			
6:30pm		★ Cycle (60 min. w/Courtney)		Cycle (60 min. w/Kenzi)		

*Must be Full Club Member or Warrior Punch card to attend **Warrior Bootcamp**

★ Denotes New Class, New Instructor, or New Time.



Group Exercise Class Descriptions

Upper & Lower Body Bands: – 40 minutes – This is primarily a resistance class using different size bands. Bands use “accommodating resistance” which means the tension increases as the band is stretched, creating a stronger muscle contraction in the muscle’s strongest position. The class will include compound movements to increase calorie burn, mixed with isolation movements to really focus on specific groups.

Bootcamp 101 – 60 Minutes: -- The goal of this fitness boot camp is to provide a whole---body workout that builds strength and endurance. Boot camp 101 offers a challenging and varied workout that can be modified to any level, require little or no special equipment, and create a sense of camaraderie among the participants.

Cardio Tennis ---Cardio Tennis is a high---energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Cardio Tennis is a fun group activity for anyone at any playing level looking for a fun way to burn calories & interact with others outside of the gym.

Cycle Express/ Cycle – 45---60 Minutes -- cycling focused on strength and stamina designed around music and choreographed “scenery” including hills, curves and long flat fast sections of road.

HIIT - 45 minutes - If you want to take your fitness to a new level, join us for high intensity interval training! HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise followed by longer intervals of lower to moderate intensity exercise or rest.

Kickboxing – 45 minutes – Come experience a total body workout featuring kickboxing moves. Class is designed for all abilities. Not only will you gain strength, but you’ll also see improvements in your core, stability, balance and endurance (Bring your own gloves.)

Senior Fitness – 60 Minutes – (Beginner level, open to all ages) Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand---held weights, and elastic tubing, are used for resistance and a chair is used for seated and/or standing support.

Strength & Resistance – 45---50 Minutes – Work your muscles. This class will promote strength, increase bone density and boost metabolism, allowing you to burn more calories even while at rest. Dumbbells, barbells, resistance bands and your own body weight will be used for a full body strength workout. Great for all fitness levels. No cardio in this class.

SYNRGY360 – 30 Minutes - Our Personal Trainers will provide inspirational fitness experiences, pushing you to your limits with the Synrgy360. It’s about more than just working out; it provides limitless opportunities to train smarter, better, and more effectively.

TRX Cardio Fusion – 60 Minutes --- A NEW WAY TO TRAIN --- Suspension training exercise builds true functional strength and improves flexibility, balance and core stability all at once, as is required on the playing fields and in life. This class combines bursts of cardio throughout the class.

Yoga / Yoga Core/ Chair Yoga -- 60 minutes --- Flowing and holding poses with core/Pilates moves mixed in. Beginner modifications will be given. If you are new to yoga, please arrive 5---10 minutes early.

Zumba – 60 Minutes - Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The lightweight maraca-like Toning Sticks enhance your sense of rhythm and coordination, while toning targets zones, including arms, core and lower body.

Kettlebell Conditioning - 30 min - A quick hitting workout revolving around a combination of kettlebells and interval training to target benefits garnered from resistance training and conditioning. It will involve full body, lower impact movements with a focus on quantity and rest times rather than maximum weight.