

Group Fitness Fall Schedule Jan 7 , 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
6:45am		Perform & Transform Together		Perform & Transform Together	7:15am - TGIF 30 - Greg
7:00am		No Mercy Boot Camp		No Mercy Boot Camp	
10:30am	Recharge 10	Recharge 10	Recharge 10	Recharge 10	Recharge 10
11:00am		Short Circuit - Tammy		Pilates Foundations 30 Tammy	Perform & Transform Together
11:30am					No Mercy Boot Camp
12:05pm	TBS Sonja	Perform & Transform Together Pilates	Barre Ashley	20/40 Sweat & Lift Theresa	Yoga 45 Darlene
1:05pm	Yoga 45 Darrah	Pedal & Pump Darrah	TBS Angela	Perform & Transform Together Functional Patterns	Free for All Friday
2:00pm					
2:30pm	Recharge 10	Recharge 10	Recharge 10	Recharge 10	Recharge 10
5:15pm	Perform & Transform Together Stages Power	30/30 War & Peace Jodi	Perform & Transform Together BURN	Power Ride 60 - Angela	

Short Circuit	An efficient and effective circuit completed in a fraction of the time that provides maximum benefits.
Pilates Foundations 30	Learn the fundamental movement principles of Pilates including breathe awareness and optimal alignment in an integrated 30 minute mind-body workout.
Free For All Friday	Watch for weekly postings in the club, on our website and Facebook. Free for everyone, bring a Friend!
TBS 45	Full body interval workout including body weight, dumbbell, ball, and body bar exercises to improve strength and cardio.
Barre 45	Improve muscle strength, flexibility, and posture as you learn the basic movements of this popular fitness class inspired by yoga, Pilates, and ballet. All levels welcome.
Yoga - 45/60	Increase stamina, strength and flexibility while synchronizing breath/body movement with dynamic yoga poses to release muscle tension and restore your mind and body
Power Ride 60	Fun challenging drills on the Stages bikes with motivating music to burn maximum calories! Note: if more than 8 participants class turns into Pedal & Pump
War & Peace	30 minutes of Kick boxing inspired cardio that promotes fat burn, sharpens reflexes, coordination and endurance wrapped up with a 30 minute Yoga stretch and relaxation. Come for 30 or stay for 60
20/40 Sweat & Lift	20 minutes of pure cardio inspired by athletic drills, kick boxing, and step followed by 20 minutes of muscle conditioning using equipment and body weight.
TGIF 30	Workout of the day will be served - It could be cardio with a side of strength with core for dessert. You won't know until you show up! Requests Welcome!
Pedal & Pump 45	Cardio intervals on the bike complimented with strength training for a full body workout that will leave you feeling energized for the day!
Recharge 10	Take a 10 minute break to clear your mind and join our guided meditation to relieve stress, improve clarity and productivity in your work day.

All Drop In classes in blue are included in Wellbeing Membership

Perform & Transform Together Sessions - Group Training with a Personal Touch. Maximize your results by choosing to add more challenge, more variety, and more customization in your workouts all based on your schedule.