

FALL 2020 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Cycle (E) 6:30-7:30AM Kayla	Deep Water (DW) 6:15-7:15AM Kim	Cycle (E) 6:30-7:30AM Rachel	Deep Water (DW) 6:15-7:15AM Kim	Cycle (E) 6:30-7:30AM Kayla		
	BODYPUMP™ (B) 6:30-7:30AM Cace		BODYPUMP™ (B) 6:30-7:30AM Hope				
7AM	Open Gym (BOX) 7:00-8:00AM Joseph		Open Gym (BOX) 7:00-8:00AM Joseph				
11AM		Cycle Express (E) 11:45AM-12:15PM Kristen		Cycle Express (E) 11:45AM-12:15PM Kristen			
12PM		Deep Water (DW) 12:15-1:00PM Kim		Deep Water (DW) 12:15-1:00PM Kim		Yoga (MB) 12:30-1:30PM Myrna	
	BODYPUMP™ (B) 12:15-1:15PM Melanie		BODYPUMP™ (B) 12:15-1:15PM Melanie		BODYPUMP™ (B) 12:15-1:15PM Melanie	Cardio Sport® (D) 12:30-1:30PM Megan & Kaitlyn	
	QuickFit (FTR) 12:15-12:45PM Emily	MetCon (FTR) 12:15-12:45PM Tevin	QuickFit (FTR) 12:15-12:45PM Emily	MetCon (FTR) 12:15-12:45PM Montse	QuickFit (FTR) 12:15-12:45PM McKenley		
	Yogalates (A) 12:45-1:30PM Lisa		Yoga (MB) 12:15-1:15PM Myrna		Yogalates (A) 12:45-1:30PM Lisa		
4PM		\$1 Abs (D) 4:15-4:45PM Cameron		\$1 Abs (D) 4:15-4:45PM Cameron			BODYPUMP™ (B) 4:00-5:00PM Megan
5PM	BODYPUMP™ (B) 5:30-6:30PM Emily		BODYPUMP™ (B) 5:30-6:30PM Emily	Cardio Sport® (D) 5:30-6:30PM Savita & Nathan			Cycle (E) 5:00-6:00PM Rachel
	Zumba® (D) 5:30-6:30PM Bridgette	Zumba® (B) 5:30-6:30PM Hui	Zumba® (D) 5:30-6:30PM Bridgette	Zumba® (B) 5:30-6:30PM Abby	Zumba® (D) 5:30-6:30PM Miriam		
				Yoga (MB) 5:30-6:30PM Morganne			
6PM	Cycle (E) 6:00-7:00PM Ari	BODYPUMP™ (B) 6:45-7:45PM Simran	Cycle (E) 6:00-7:00PM Ari	BODYPUMP™ (B) 6:45-7:45PM Simran			
		Barre (A) 6:45-7:45PM Brooke	Pilates (A) 6:45-7:45PM Vivian	Barre (A) 6:45-7:45PM Brooke			
			Yoga (MB) 6:45-7:45PM Kelsey				
7PM	Open Gym (BOX) 7:00-8:00PM Connor		Open Gym (BOX) 7:00-8:00PM Connor	BODYCOMBAT™ (D) 7:00-8:00PM Cace			



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\$1 Abs	This class is free to any unlimited group fitness pass holder. Not a pass holder? \$1 Abs class passes can be purchased online or at the Rec Sports Admissions desk (no cash) and should be presented when checking in.
Barre	This class is a full body workout utilizing ballet, Pilates, and strength training. The Barre format strengthens and stabilizes muscles, while performing small isometric movements. No ballet experience necessary!
BODYCOMBAT™	BODYCOMBAT™ is a mixed martial arts inspired workout that will leave you feeling unleashed and empowered. A variety of fighting styles integrated into an interval training and cardio workout. Improves coordination, strengthens and tones all of the major muscle groups for a full body training effect.
BODYPUMP™	BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!
CARDIO SPORT® GROUP DYNAMIC®	CARDIO SPORT® is the WORKOUT of SPORTS! If you love playing sports, or are a fan of sports, THIS is the exercise program for you! This high-energy, music driven, one-hour class is never the same thing twice, making you feel like you are back in the game, while getting you into the best shape of your life! Participating in Cardio Sport® classes will significantly improve your cardio, strength and agility, making your body a comprehensively trained, efficient unit that looks and feels amazing! Join the team that gets results, and train with Cardio Sport®...Dawg style!!
Cycle/ Cycle Express	Be prepared to ride your way through rolling hills, steep climbs, false flats, sprints, and much more! This class is a great option for those seeking a challenging low-impact, cardio and strength fusion.
Deep Water	Exhaust every muscle in your body without ever touching the ground in this low-impact, cardio and strength class! Buoyancy belts provided. No swimming experience required.
MetCon	Metabolic Conditioning is an intense circuit-style workout that is one of the most popular training methods used in the fitness industry today. MetCon utilizes a combination of strength training exercises and anaerobic conditioning drills that insures you get the full-body, calorie-burning workout you desire!
Open Gym (Box)	This 60-minute, drop-in class allows you to use the boxing studio as your own workout space. Our instructor provides technical guidance and general workout tips to help you build a workout that is perfect for you!
Pilates	Pilates is a low-impact, mat-based class that focuses on the core as the powerhouse, or control center, of the body that is designed to develop balance and stabilization of supporting muscles while focusing on breathing.
QuickFit	A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
Yoga	Refine and master breathing techniques and a wide variety of essential yoga poses. The sequence of movements will help stretch, unwind, and de-stress your mind and body. Class structure and intensity may vary based on instructor.
Yogalates	Develop muscle length and strength through a fusion of Yoga and Pilates. This class will incorporate body-weight strength training with yoga and flexibility so you'll leave feeling both taxed and relaxed.
Zumba®	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party!

