



May

2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>5:15am Cycle + 15min Stretch Elizabeth D.</p> <p>9am <i>*RETURNING JUNE 10*</i> !CYCLE-FLEX! V.1 + 15min Kelli G</p> <p>9:30am Total Body Strength Lauren</p> <p>11am Tai Chi/Qi Gong Grace</p> <p>12pm Pilates Grace</p>	<p>5:15am Ultimate Conditioning Emmi</p> <p>8:30am <i>*NO CLASS 5/7*</i> Surge Fit® McKelle</p> <p>10:15am Barbell Strength + 15min Stretch & Recover Jody</p> <p>11:30am Cycle David</p> <p>12pm Power Yoga Megan</p>	<p>5:15am Cycle + 15min Core/Stretch Erricka</p> <p>5:15am <i>*NO CLASS 5/22*</i> Cardio & Core Elizabeth D.</p> <p>8:30am <i>*NO CLASS 5/29*</i> Barre Sculpt McKelle</p> <p>9:30am <i>*NO CLASS 5/29*</i> PURE•CYCLE Lauren</p> <p>9:45am <i>*RETURNING JUNE 10*</i> !KICKBoX!-LIFT! + 15min Kelli G</p> <p>11:15am Tai Chi/Qi Gong Grace</p> <p>12:15pm Barre Fusion Grace</p>	<p>5:15am Total Body Strength + 15min Stretch Elizabeth D.</p> <p>8:30am PiYo® Karen</p> <p>10:15am Strength Circuit + 15min Stretch & Recover Jody</p> <p>11:30am <i>*NO CLASS 5/9*</i> Cycle David</p> <p>12pm Power Yoga Megan</p>	<p>5:15am Cycle Elizabeth D.</p> <p>9am <i>*KELLI RETURNING JUNE 10*</i> !SUPER-SET- STRENGTH! +15min McKelle / Elizabeth D.</p> <p>9:30am Spin-Cycle Lauren <i>(*5/10 will be @10am*)</i></p> <p>11am Tai Chi/Qi Gong Grace</p> <p>12pm Restorative Yoga Grace</p>	<p>6:45am Barbell Strength Elizabeth D.</p> <p>9am <i>*NO CLASS 5/11*</i> Cycle David</p> <p>9am HIGH Fitness McKelle</p> <p>10:15am <i>*NO CLASS 5/11*</i> Bellydance Technique Elizabeth P.</p>
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Key:
Gold Medal Studios
Queenax

Indicates Gold Medal room and Studio 1&2.



SCAN THE QR CODE TO SIGN UP FOR GROUP EXERCISE UPDATES!

3pm
Tabata/HIIT
Grace

<p>4:45pm Restorative Yoga Grace</p> <p>6pm Dumbbell Strength David</p> <p>6:15pm <i>*5/13 & 5/20 ONLY*</i> Xtreme Hip Hop (Dance) D'Andrea</p> <p>7:30pm Yoga Megan</p>	<p>6pm Bellydance Aerobics Elizabeth P.</p> <p>6:15pm <i>*NO CLASS 5/14*</i> HIGH Fitness McKelle</p> <p>7:30pm Yoga Megan</p>	<p>4:45pm Pilates/Yoga Grace</p> <p>6pm Combat Club Joe Show</p> <p>5:45pm Restorative Yoga Grace</p> <p>7pm Strength Elizabeth D.</p>	<p>6pm Bellydance Aerobics Elizabeth P.</p> <p>6pm COMMIT Dance Fitness Carolynn</p> <p>7:30pm Gentle Yoga Bob</p>
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JOIN US FOR PUPPY YOGA!



Find your center AND your new furry best friend!

Date: Saturday, May 11

Time: 10 a.m.

Location: Grassy area of outdoor water park

Instructor: Megan

Scan here to register!
(Members only class)



STRENGTH & CONDITIONING

Barbell Strength – Free weight training class that uses barbells to bring dynamic weight training into the group fitness room.

Total Body Strength – This low-impact class will improve muscular strength, endurance, flexibility, balance, and coordination. The exercises in this class will help stimulate lean muscle growth by focusing on performing large muscle group exercises using a variety of weights.

Ultimate Conditioning – This interval-based class will improve cardiovascular and muscular endurance. Intervals will incorporate body weight, weights, cardio drills and minimal choreography.

Strength Circuit – This class will use simple and compound movements with weights at intervals of 45 seconds long.

!SUPER-SET-STRENGTH! – This Fast Paced Strength Class combines many lifting techniques to deliver results in Strength, Tone, Metabolism, and Muscle Endurance!

!KICKBOX!-LIFT! – A Fast Paced and Fun Kickboxing & Strength class that is designed to create a Calorie Super-Burn. An interval style class 10min Kickbox to 5 min Strength.

FULL BODY

PiYo® – This fun and challenging class is designed to build strength and gain flexibility. It provides the perfect fusion of intense choreography, core strength, and power.

Stretch & Recover – The instructor will lead you through a series of stretches to help your flexibility, range of motion, balance, and posture. This class is for all fitness levels.

Pilates – This total body conditioning routine uses a variety of equipment to help participants move with ease and grace to improve core stability, range of motion, flexibility, and strength.

YOGA

Beginner/Gentle Yoga – Learn relaxation technique through stretching, bending, and twisting. Improve flexibility, strength and balance while reducing stress and improving cardiovascular health and your sense of well-being.

Tai Chi/Qi Gong – Improve balance, agility, strength, and coordination performing a series of slow, focused movements accompanied by deep breathing.

Power Yoga – An energetic vinyasa style of yoga that will get your heart rate up while building strength and balance in the body. This class is focused on challenging yourself and finding growth in your practice.

Restorative Yoga – Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

HIIT, CARDIO, & DANCE

Surge Fit® – HIIT Cardio & Weight Training set to music you know and love!

HIGH Fitness® – New fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love.

HIGH/Low Fitness® – This full-body workout will challenge you while keeping impact LOW. HIGH/Low pairs simple fitness moves with fun music to create an effective group exercise class.

COMMIT Dance Fitness – Experience a FUN, dynamic, HIIT influenced dance fitness workout designed to keep you moving. The class is appropriate for all ages and fitness levels. Each routine focuses on essential fitness elements resulting in a full body workout while moving to popular music.

Bellydance Aerobics – This class will get your heart pumping and hips shaking. Have tons of fun while getting fit! All levels are welcome.

Bellydance Technique – Learn the fundamentals and basics of Bellydancing! Perfect for beginners – all levels are welcome.

Xtreme Hip Hop – Get your heart pumping with this step class set to hip hop music!

INDOOR CYCLE

Cycle – Indoor cycling that provides a high-energy workout for cardiovascular, strength and endurance while keeping joint impact to a minimum.

!CYCLE-FLEX! – This Fast Paced Cycle Strength class is designed to burn max calories while adding lean muscle, and increasing endurance. V.1 and V.2 will be different and evolving continuously to break plateaus!

SPIN-CYCLE (75 min) – A fun, fast class that incorporates cardio intervals on the bike, upper body strength with weights, and core exercises on the mat for a full body workout that will leave you feeling sweaty, strong & energized.

PURE-CYCLE – Get your heart pumping and torch major calories in this joint-friendly cardio class. Mixing rhythm & metrics, we'll ride to the music with traditional and non traditional drills. All levels welcome, indoor cycle shoes recommended but not necessary.

BARRE

Barre Fusion – A low impact workout with toning, sculpting, and ballet inspired moves to strengthen the large and small muscle groups.

Barre Sculpt – Low-impact barre workout using light dumbbells and/or bodyweight. This music driven barre class is fun and upbeat!

FAC Group Exercise classes are included with a membership. Members 12-14 years old are welcome when accompanied by an actively participating adult. 15 year olds & up can attend by themselves. Class formats may vary by instructor. Class schedule is subject to change including listed instructors, times, days, formats, and cancellations.