

# Group Fitness Schedule

EFFECTIVE December 4<sup>th</sup> 2017



## MONDAY

### FREE-WEIGHT CIRCUIT

6:15-6:45am - Bill

30 minute total-body strength training session using free weights

### BOOTCAMP

11:15-11:45am - Jen

Maximum results with high-intensity cardio and strength intervals

### RIDE 'N VIBE

12:00-12:45pm - Andrea/Jen

45 minute cycle session combining intervals for a heart-pounding, full-body session

### SYNRGY 360 CIRCUIT

2:30-3:00pm - Heather

A total body workout in stations on the Synrgy 360 hub

### KETTLEBELL & CORE

5:15-5:45pm - Heather

A high energy workout using a variety of different formats to burn calories and have fun

## TUESDAY

### CORE FOCUS

11:30am-12:00pm - Bill

Tone and strengthen your core

### CHISEL

12:00-12:30pm - Bill

Total body strength conditioning utilizing weights, resistance bands, and more

### POWER CIRCUIT

5:30-6:00pm - Drew

Athletic cardio/strength training circuit workouts set up in stations

## WEDNESDAY

### KETTLEBELL & CORE

6:15-6:45am - Bill

Fast, fun, effective kettlebell and core workout combo

### PILATES

11:00-11:45am - Jen

A series of Pilates exercises performed equipment-free

### RIDE 'N VIBE

12:00-12:45pm - Jen/Andrea

45 minute cycle session combining intervals for a heart-pounding, full-body session

### SYNRGY 360 CIRCUIT

2:30-3:00pm - Jen

A total body workout in stations on the Synrgy 360 hub

### YOGA

5:30-6:30pm - Preeth

An hour long session to stretch, strengthen, focus and relax the mind and body

## THURSDAY

### RIDE 'N VIBE

6:00-6:45am - Jen

45 minute cycle session combining intervals for a heart-pounding, full-body session

### CHISEL

11:30am-12:00pm - Bill

Total body strength conditioning utilizing weights, resistance bands and more

### ZUMBA

12:15-1:00pm - Jen

Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout

### BOOT CAMP

5:30-6:00pm - Drew

Maximum results with high-intensity cardio and strength conditioning

## FRIDAY

### BOOTCAMP

6:15-6:45am - Heather

Maximum results with high-intensity cardio and strength conditioning

### RIDE 'N VIBE

11:00-11:45am - Jen

45 minute cycle session combining intervals for a heart-pounding, full-body session

### YOGA

12:00-1:00pm - Preeth

An hour long session to stretch, strengthen, focus and relax the mind and body

## SATURDAY CYCLE

9:00am-9:45am -  
Jen/Heather/Drew

45 minute cycle session combining intervals for a heart-pounding session

All classes held in the Group Exercise studio with the exception of Synrgy Circuit which will be held on the fitness floor.

Class times, formats, and instructors are subject to change.

### Hours of Operation

Monday-Friday: 5:30am - 8:00pm  
Saturday & Sunday: 8am - 2:00pm

# Class Descriptions



**Bootcamp** - A combination of strength and cardio conditioning exercises performed in intervals for a total body workout.

**Cardio Blast** - A high energy workout using a variety of different formats to burn calories and improve your cardiovascular endurance.

**Ride 'N Vibe** - A Midtown favorite! Spend the class on an intense bike ride to enliven the heart, then onto focusing on strength.

**Mat Pilates** - A series of Pilates exercises performed equipment-free, with moves adapted to work with just your body and a floor mat for cushioning and support.

**Chisel** - Total body strength conditioning utilizing weights, resistance bands, and more! Great for all levels!

**Tabata** - Strength training and cardio exercises using a variety of equipment and body weight combined with high-intensity intervals for a challenging, effective workout.

**Kettlebell & Core** - Fast, fun, effective. This training program gets you moving in various directions for a more effective total body workout and core to tighten abs and core muscles.

**Power Circuit** - Challenge yourself with this athletic cardio/strength training circuit workouts set up in stations. Time flies as you make your way around the circuit and walk or crawl away with a complete, full-body workout!

**Synrgy 360 Circuit** - The adult fitness playground class! The ultimate multi-station equipment lets you have it all. This circuit-based class uses a variety of equipment including cables, weights, monkey bars, TRX, and more. You can increase strength, power, coordination, and agility.

**Yoga** - This class synchronizes movement and breathing while linking poses together in a flow. Cultivate flexibility, strength, balance and serenity.

**Zumba** - Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout with energizing, awe-inspiring movements meant to engage and captivate for life!

**Free-Weight Circuit** - A variety of strength training exercises using free-weights for a low-impact, full body workout.