



GROUP EXERCISE

FITNESS 4 FINALS 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>6:45am</u> Hatha Yoga Tracie 2015	<u>12:00pm</u> Strength Training Jonathan 2015	<u>7:30am</u> Core Alexis 2015	<u>6:45am</u> Strength Training Alexis 2015	<u>11:00am</u> Core Mackenta 2015	<u>10:00am</u> Hula Hope 2025	<u>11:00am</u> Cycle Erin 1110
<u>12:00pm</u> Express HIIT Cindy 2025	<u>7:00pm</u> Hatha Yoga Tracie 2015	<u>12:00pm</u> Vinyasa Yoga Sebastian 2025	<u>7:00pm</u> Vinyasa Yoga Ashley 2015	<u>11:30am</u> Zumba Mackenta 2015	<u>11:00am</u> Zumba Mackenta 2025	
<u>5:15pm</u> Body Barbell Pierre 2015	<u>7:00pm</u> Hula Hope 2025	<u>6:00pm</u> Vinyasa Yoga Ashley 2015	<u>7:00pm</u> Hula Hope 2025	<u>12:30pm</u> Strength Training Jonathan 2015		
<u>7:30pm</u> Boxing Henry 2040	<u>8:00pm</u> Hip- Hop Kevin 2025	<u>7:30pm</u> Boxing Henry 2040	<u>8:00pm</u> Hip- Hop Kevin 2025	<u>1:30pm</u> Cycle Mackenta 1110		

Body Barbell - This workout challenges all the major muscle groups to increase muscular endurance through high repetitions and low loading of compound movements.

Boxing - Perform boxing combos and drills with a focus on technique while improving agility and cardiovascular endurance. Get in the ring for a full body workout!

Core - This express workout stabilizes and strengthens the key core muscles needed for all physical activities to improve posture, balance, and overall body function.

Cycle - utilizing stationary bikes, this no-impact class will challenge cardiovascular and muscular strength and endurance.

Express HIIT - High Intensity Interval Training (HIIT) uses timed cardio, plyometric, and resistance training intervals followed by quick, active recovery periods to keep your heart rate up to get the most out of your time.

Hatha Yoga - Special emphasis on controlled breathing and posture. Move your body slowly and deliberately into different poses that challenge your strength and flexibility, while focusing on relaxation and mindfulness.

Hip Hop - Learn a piece of choreography to develop rhythm, coordination, and musicality. Students are encouraged to step outside the box by bringing their own individual style and personality to the movements. All levels are welcome in this judgement free class.

Hula - A Hawaiian dance form.

Strength Training - This class features compound strength exercises, cardio and core as well as isolation exercises for a comprehensive strength based class.

Vinyasa Yoga - This practice will focus on poses that release tension and tightness of the tendons and ligaments of the joint to increase flexibility.

Zumba® - a dance-based class full of choreography to increase heart rate, strengthen muscles, and keep you enjoying every minute.

DESCRIPTIONS