

**EFFECTIVE  
February 2**

# Group Exercise Schedule



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

5:15AM	AM Rise & Grind Tina	Cycle Strength Fusion Tina	AM Rise & Grind Jessica	Cycle Strength Fusion Tina	Yoga Flow Jessica	
6:30AM	Power Cycle Tina	6:45 AM Glutes and Guts Kait	Power Cycle Tina	6:45 AM Glutes and Guts Kait	6:45 AM Glutes and Guts Kait	
7:30AM		Yoga Flow I Amy	Yoga Flow I Jessica	Yoga Flow I Amy		<b>See front desk for details.</b>
8:00AM	Aqua Bootcamp Kari	Aqua Zumba Michelle	Aqua Bootcamp Kari	Aqua Zumba Michelle	Aqua Bootcamp Diane	
8:30AM	Barre Fitness Jessica	Yoga Flow Angie	Hatha Yoga Jen	PiYo Melodie	Battle Fit Vanessa	<b>Saturday</b>
8:30AM	Uplift Terrie	Shine Light Terrie	Total Body Melodie	Bootcamp Christina	Total Body Melodie	Yoga Strength Jen
9:00AM	Aqua Zumba Gaby	8:45 Battle Fit Josh	Aqua Bootcamp Diane	Aqua Zumba Gaby	Aqua Barre Michelle	
9:30am	Beginners Yoga Erika R	Beginners Yoga & Stretch Laurilyn	Barre Fitness Jessica	Pilates Mat Danielle	Barre Fitness Jessica	4X4 Fit Christina
9:30AM	Step & Sculpt Danielle	Zumba Michelle	Zumba Gaby	Uplift Strength Terrie	Power Cycle Erika S	
10:30AM	Zumba Gaby	Active Aging Gaby	Barbell Strength Vanessa T.	Step & Sculpt Danielle	Zumba Gaby	
10:30AM	Yoga Flow I Erika R	Barre Fitness Michelle	11:00AM Chair Yoga Angie	Yoga Flow Erika R	11:00AM Chair Yoga Jessica	
11:30AM	Stretch & Sculpt Crystal	Zumba Gold Gaby	Express Core Vanessa	Cycle HIIT Fusion/Recovery Vanessa		
12:00PM	Cycle Strength Fusion Vanessa	Chair Zumba Marisa	Circuit Strength Christina	Chair Zumba Marisa		
12:00PM	12:30 PM Rhythmic Aging Crystal	12:30 PM Power Cycle Crystal	12:30 PM Pilates Crystal	12:30 PM SHiNE Terrie		
1:30PM	Aqua Bootcamp Diane		Aqua Bootcamp Diane			
1:30PM	Sit and Fit Danielle	Pilates Mat Crystal		Pilates Mat Crystal		
4:30PM	Ride -n- Grind Mary	Uplift Strength Terrie	Active Aging Christina			
5:30PM	Body Sculpt Fusion Mary	HIIT Christina	Kickboxing & Strength Josh	HIIT Josh		
6:00PM		5:30 PM Restorative Yoga - Jen	6PM-9PM PROGRAMS	5:30 PM Restorative Yoga - Jen		
6:30PM	SHiNE Terrie	Core + Active Stretch Christina	SHiNE Terrie	Zumba Nora		

*\*Schedule subject to change*

Group X Studio  
 Das Yard  
 Multi-Purpose  
 Aqua

Group exercise classes are open to members age 14+. Please see reverse for class descriptions. Scan QR code for most up to date schedule.

# Class Descriptions

**4X4** - Combines cardio, strength, core, and stretch. A total body conditioning workout to make you feel good!

**ACTIVE AGING** - Increases strength, mobility, coordination, and balance, incorporating breathing and relaxation, core exercises, resistance exercises using body weight and equipment. Exercises performed standing, sitting and/or on the floor. Modifications are made for mobility-impaired individuals

**Advanced Yoga** - Intended for more advanced yoga practitioners, this class will focus on more challenging poses and will require prior yoga experience. With an emphasis on Hatha yoga, this class provides an opportunity to further your practice safely.

**AM RISE & GRIND** - The perfect way to start your day! Expect the unexpected-any form of cardio, strength, core and more.

**AQUA BARRE** - Aqua Barre is a total body workout with inspired movements and positions from Ballet, Pilates and Yoga that have been adapted to be challenging and effective in the water. This helps gain flexibility and strength.

**AQUA BOOTCAMP** - A fun aqua fitness class that will challenge you with cardio and strength, all in the lower impact surroundings of the pool! Great for all fitness levels!

**AQUA ZUMBA** - Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise class to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you should not miss!

**BARBELL STRENGTH**- A powerful strength workout utilizing the barbell with various weights, as well as other equipment to get a full body workout. Get inspired as you gain strength and power week by week in a team atmosphere

**BARRE FITNESS** - This total body conditioning class will sculpt a long, lean ballet body. Exercises may include low to no impact work, as well as upper body conditioning with light hand held weights, bands, or other equipment.

**BATTLE FIT** - Using a combination of bodyweight exercises, kettlebells and other fitness accessories in a timed circuit, this outdoor class hits every major component of physical fitness in 50 minutes: cardiorespiratory health, stamina, muscular strength and endurance, flexibility, power, speed, agility, balance, coordination, and accuracy.

**BEGINNER'S YOGA** - Emphasis is on postural foundation and alignment of the body. Learn proper breath, yoga poses, and balance. Perfect for the novice, pregnant moms, and anyone who would like a beginner's approach to yoga.

**BODY SCULPT FUSION**- Get ready for the ultimate full-body workout that blends the best of barre, strength training, and Pilates. This energizing class uses free weights, resistance bands, and other equipment to sculpt, strengthen, and stretch your body from head to toe. Designed for all fitness levels, Body Sculpt Fusion helps you build lean muscle and improve posture and flexibility – all while keeping the vibe fun and empowering.

**BOOTCAMP** - A fun, challenging and supportive workout. This class combines cardio, strength, plyometrics, core and more into one inspiring class. A challenging and power fueled sweat session. No two workouts will ever be the same.

**CARDIO FLOW** -Offers a dynamic workout that alternates between high-energy cardio sessions and targeted strength intervals.

**CHAIR YOGA** - Grab a chair and join us for one of the gentlest forms of yoga available. With a chair for support, this class challenges the body and mind through strengthening, stretching, relaxing and breathing. Feel good and experience the many benefits of yoga without having to get up or down from the floor!

**Chair Zumba** - a form of Zumba fitness that is performed while seated in a chair, making it an ideal exercise option for individuals with limited mobility, balance concerns, and a people of all fitness levels. Chair Zumba targeting muscles in the arms, legs, core and back while also providing cardiovascular benefits.

**CIRCUIT STRENGTH** - Circuit Strength offers participants coach-guided intervals of cardio, strength, and core exercises with short rests to improve all areas of their fitness. Working at your own intensity means all levels and abilities will be successful in this fun and energetic class.

**CORE&ACTIVE STRETCH** - This class combines traditional and dynamic stretching, foam rolling, mobility work and other techniques to help you feel better, move better and perform at your best.

**CYCLE HIIT Fusion/Recovery**- An express fusion of classic cycling drills, high intensity interval training (HIIT), fused with full body conditioning. Incorporating varied resistance, speed burst, and bodyweight moves. Perfect for building strength/endurance quickly suitable for all levels with adjustable intensity. Followed by active recovery and foam rolling.

**CYCLE STRENGTH FUSION** - Cycling is a fat burning cardiovascular workout that strengthens the legs, lungs and heart with an energetic combination of flats, hills and sprints. Class also includes total body exercises performed off the bike. New participants should arrive 10 minutes before class for bike setup. Please do not wear cycling shoes for this class.

**EXPRESS CORE** - Abs, back, and glutes, Oh my! Core training prepares you for anything and everything. You will thank your body for this 15-minute class.

**GENTLE AQUA** - Water aerobics offers a total body workout in a non-impact setting. We combine cardiovascular, strength and flexibility exercises to provide you with a complete and total workout. Whether you are rehabilitating from an injury or simply looking for something new to try, come experience H2O at Das Rec!

**GLUTES AND GUTS**- High Energy workout class that is choreographed to the beat of music! This class offers a full body workout designed to strengthen your core, lift your glutes, and boost your mood while moving to the rhythm of a killer playlist. Perfect for all fitness levels.

**KICKBOXING & STRENGTH**- A high energy class that combines kickboxing moves, balance, drills, and strength training. It's you vs. yourself in this fun and challenging fitness class

**HATHA YOGA**- the oldest form of yoga, allows a practitioner to experience each pose more fully while exploring new challenges when they're ready. This class is perfect for those looking to expand on their pose foundations and discover modifications customized for their body. All experience levels are welcome!

**HIIT** - High Intensity Interval Training at its best! This 30-minute workout involves a series of low to high intensity periods of exercises, focusing on burning calories, improving cardiovascular endurance, and building strength. All levels welcome.

**PILATES MAT** -Focus on strength and flexibility of the major muscle groups centered around using your core or power house. Instructor may use additional equipment such as stability balls, resistance band, or rings to enhance movements.

**PiYo** - This class blends the muscle sculpting benefits of pilates with the flexibility and strength of yoga poses for an increase in calorie burn.

**POWER CYCLE** - This non-impact workout is great for increase your cardiovascular strength while simulating an outdoor cycle experience. Includes intervals, hills, speed work and more. Great for all fitness levels.

**RESTORATIVE YOGA** - type of yoga perfect for all skill levels. Involving yoga props like blocks and bolsters, restorative yoga helps reset the nervous system, improve overall physical health, and deepen the connection between body and mind.

**Rhythmic Aging™** - a fun, upbeat, chair-based fitness class designed for active older adults who want to stay mobile, strong, and confident in their movement. This class uses rhythmic, low-impact movements set to energizing music to improve balance, coordination, stability, and overall mobility—all while remaining safely seated.

**Ride n- Grind** - rhythmic cardiovascular cycling and strength workout \*\*designed to provide a full-body experience. It features various tempos and resistance levels while burning fat . off the bike includes a total body workout. The class is suitable for all levels looking to build strength and burn calories at their own pace. Stretch and mobility are included at the end of every class, ensuring a comprehensive workout – Let's ride!

**SHiNE** - SHiNE Dance Fitness brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet to escape from "adulting".

**Sit and be fit** - is a low impact exercise class designed to build strength, balance, flexibility, and improve circulation without stressing the joints in a safe supported environment.

**STEP & SCULPT**- Blast off extra fat and calories with a high energy and fun step aerobics workout. Then sculpt every muscle with a strength training workout that will utilize hand weights, or various other equipment to get your whole body toned and lean. This class is a great combination of cardio and strength; the perfect way to energize you for the rest of the day.

**STRETCH & RECOVERY**- Join us for a 15 minute active recovery that focuses on mobility, foam rolling and intentional stretching.

**TOTAL BODY** - A powerful strength and cardio workout utilizing the barbell with various weights, as well as other equipment, with some HIIT style cardio to get a full body workout. Get inspired as you gain strength and improve your overall fitness in a fun, inspiring atmosphere.

**UPLIFT** - a full-body workout that combines traditional strength moves with iconic music and sprinkles in some hype to create a unique fitness experience resulting in increased muscular strength and endurance

**YOGA FLOW I**- Utilizing Hatha, Vinyasa, and Ying yoga, Yoga Flow will be sure to help you find your Zen as you work on flexibility, strength and balance. In Yoga Flow, you will move from pose to pose with your breath. A great class for all levels of practice.

**YOGA FLOW II**- A continuation of Yoga Flow I. Expect longer sequencing and quicker transitions to elevate the heart rate and increase strength. A focus on balance and deep stretches round out this yoga journey. All levels welcome.

**YOGA ROCKS**- An energetic yoga flow class for all levels of practice set to classic, easy rock from the 70's, 80's and 90's!

**Yoga Strength** - This class focuses on building from the foundations to popular poses through strength and conditioning. Based on Hatha yoga, this class is perfect for all levels and modifications will be offered in the moment and upon request.

**ZUMBA** - High energy, captivating music and Latin inspired moves will leave you feeling great and wondering when the next class is! ZUMBA is a "feel good" workout geared toward all levels. Don't think you're a dancer? No problem! We're sure you'll find your inner dancer at ZUMBA.

**ZUMBA GOLD** - For active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Incorporates cardio, conditioning and balance.