



May

2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5:15am
Cycle
 + 15min Stretch
 Elizabeth D.

9am
Cycle !LFT-HRD! +
 15min Core
 Kelli G

9:30am
Total Body
Strength
 Lauren

11am
 NO CLASS 5/22
Tai Chi/Qi Gong
 Grace

12pm
 NO CLASS 5/22
Pilates
 Grace

5:15am
Ultimate
Conditioning
 Emmi

8:30am
Surge Fit®
 McKelle

9:45am
Bolly-Beats
 Preet

10:15am
Barbell Strength
 + 15min Stretch
 & Recover
 Jody

11:15am
 *NO CLASS
 5/2 & 5/9*
Pure
Strength
 Katie

5:15am
Cycle + 15min
Core/Stretch
 Erricka

8:30am
Barre Sculpt
 McKelle

9:45am
!LFT-BoX! +
 15min Glutes
 Kelli G

11:15am
 *NO CLASS 5/17 &
 5/24*
Tai Chi/Qi Gong
 Grace

12:15pm
 *NO CLASS 5/17 &
 5/24*
Barre Fusion
 Grace

5:15am
Total Body
Strength
 + 15min Stretch
 Elizabeth D.

8:30am
 NO CLASS 5/25
PiYo®
 Karen

9am
 NO CLASS 5/11
Cycle !DRiP-HRD!
 Kelli G

10:15am
Strength Circuit
 + 15min Stretch
 & Recover
 Jody

5:15am
 75 min
Cycle
 Elizabeth D.

8:30am
 NEW
Pure Strength
 Katie

9:30am
 75 min
Spin-Cycle
 Lauren

9:45am
HIGH/Low Fitness
 McKelle

11am
 NO CLASS 5/19
Tai Chi/Qi Gong
 Grace

12pm
 NO CLASS 5/19
Restorative Yoga
 Grace

6:45am
Strength +
15min Stretch
 Elizabeth D.

9am
 ONLY ON 5/20
Cycle !DRiP-HRD!
 Kelli G

9am
HIGH Fitness
 McKelle

11am
Bellydance
Technique
 Elizabeth P.

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
 NO CLASS 5/21
Tabata/HIIT
 Grace

5pm
 NO CLASS 5/22
Restorative Yoga
 Grace

6:15pm
Xtreme Hip Hop
 D'Andrea

6:15pm
Flex Burn
 Marie

7:30pm
Yoga
 Megan

6pm
Bellydance
Aerobics
 Elizabeth P.

6:15pm
HIGH Fitness
 McKelle

7:30pm
Yoga
 Megan

5pm
 *NO CLASS 5/17 &
 5/24*
Pilates/Yoga
 Grace

6pm
 NEW
Combat Club
 Joe Show

6pm
 *NO CLASS 5/17 &
 5/24*
Restorative
Yoga
 Grace

6pm
Bolly-Beats
 Preet

7:30pm
Gentle Yoga
 Bob

WE'RE HIRING!

Personal Trainers & Group Ex Instructors

Interested candidates may email the Fitness Operations Coordinator for more info!

HYBRID – 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.

Flex Burn – Increase your athletic performance with interval strength-based training and cardio bursts.

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

Pure Strength – Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest.

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.

Yin Yoga – Works deep into the connective tissues to activate change at that deepest level. The postures work into the energy flows, or meridians, of the body.

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.

Bolly-Beats – Cardio dance fitness class with a fusion of fun filled Bollywood routines set to popular Bollywood, Latin and Pop 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 !LIFT-HRD! – This class has intense cycle segments mixed with weight training.

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.

Cycle !DRiP-HRD! – This workout burns MAXX calories with combining Heavy Tension on the bike with Strength Training intervals on the floor. The last 10-15min we switch cardio style to floor HiIT Kickbox and Strength Training.

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.