



# June

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>5:15am</b> Cycle + 15min Stretch Elizabeth D.</p> <p><b>9am</b> *NO CLASS 6/5* Cycle !LFT-HRD! Kelli G</p> <p><b>9:30am</b> *NO CLASS 6/19* Total Body Strength Lauren</p> <p><b>11am</b> Tai Chi/Qi Gong Grace</p> <p><b>12pm</b> Pilates Grace</p>	<p><b>5:15am</b> Ultimate Conditioning Emmi</p> <p><b>8:30am</b> Surge Fit® McKelle</p> <p><b>9:45am</b> *RETURNING JULY 10* Bolly-Beats Preet</p> <p><b>10:15am</b> Barbell Strength + 15min Stretch &amp; Recover Jody</p> <p><b>11:15am</b> Pure Strength Katie</p>	<p><b>5:15am</b> Cycle + 15min Core/Stretch Erricka</p> <p><b>8:30am</b> Barre Sculpt McKelle</p> <p><b>9:45am</b> !LFT-BoX! Kelli G</p> <p><b>11:15am</b> Tai Chi/Qi Gong Grace</p> <p><b>12:15pm</b> Barre Fusion Grace</p>	<p><b>5:15am</b> Total Body Strength + 15min Stretch Elizabeth D.</p> <p><b>8:30am</b> *NO CLASS 6/1* PiYo® Karen</p> <p><b>9am</b> *NO CLASS 6/1* Cycle !DRIP-HRD! Kelli G</p> <p><b>10:15am</b> Strength Circuit + 15min Stretch &amp; Recover Jody</p>	<p><b>5:15am</b> *75 min* Cycle Elizabeth D.</p> <p><b>8:30am</b> *NEW* Pure Strength Katie</p> <p><b>9:30am</b> *75 min* Spin-Cycle Lauren</p> <p><b>9:45am</b> HIGH/Low Fitness Katie/Lindsey</p> <p><b>11am</b> Tai Chi/Qi Gong Grace</p> <p><b>12pm</b> Restorative Yoga Grace</p>	<p><b>6:45am</b> Strength + 15min Stretch Elizabeth D.</p> <p><b>9am</b> HIGH Fitness McKelle</p> <p><b>10:15am</b> Bellydance Technique Elizabeth P.</p>	<p><b>Key:</b> Gold Medal Studios Queenax</p> <p>Indicates Gold Medal room and Studio 1&amp;2.</p>  <p>SCAN THE QR CODE TO SIGN UP FOR GROUP EXERCISE UPDATES!</p> <p><b>3pm</b> Tabata/HIIT Grace</p>
<p><b>5pm</b> Restorative Yoga Grace</p> <p><b>6:15pm</b> Xtreme Hip Hop D'Andrea</p> <p><b>6:15pm</b> Flex Burn Marie</p> <p><b>7:30pm</b> Yoga Megan</p>	<p><b>6pm</b> Bellydance Aerobics Elizabeth P.</p> <p><b>6:15pm</b> HIGH Fitness McKelle</p> <p><b>7:30pm</b> Yoga Megan</p>	<p><b>5pm</b> Pilates/Yoga Grace</p> <p><b>6pm</b> *NEW* Combat Club Joe Show</p> <p><b>6pm</b> Restorative Yoga Grace</p>	<p><b>6pm</b> Bellydance Aerobics Elizabeth P.</p> <p><b>6pm</b> *RETURNING JULY 10* Bolly-Beats Preet</p> <p><b>7:30pm</b> Gentle Yoga Bob</p>	<div style="border: 2px solid #FFD700; padding: 20px; text-align: center;"> <h2 style="color: #FFD700; margin: 0;">WE'RE HIRING!</h2> <p style="font-size: 1.2em; margin: 10px 0;">Personal Trainers &amp; Group Ex Instructors</p> <p style="margin: 10px 0;">Interested candidates may email the Fitness Operations Coordinator for more info!</p> </div>		

## 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.*