



# Group Exercise Schedule

## **Total Body Barbell**

A full-body barbell workout set to music using lighter weights and higher reps to build strength, endurance, and burn calories.

## **Zumba**

A high-energy dance fitness class combining upbeat music and easy-to-follow moves for a fun cardio workout.

## **Core Strength Flow**

A pilates-inspired low-impact class focused on core strength, balance, and mobility through controlled movements and mindful breathing.

## **ForeverWell (55+): Active Older Adult**

A welcoming, joint-friendly class designed to improve strength, flexibility, balance, and coordination while enjoying movement with others.

## **Butts & Guts**

A targeted workout for the glutes, hips, thighs, and core with high and low impact options for all fitness levels.

## **ForeverWell (55+): Chair Flow**

A gentle class using a chair for support while focusing on breathing, mobility, and relaxing stretches.

## **Low Impact Cardio**

A full-body cardio workout using simple movements and equipment to improve endurance and tone muscles without high impact.

## **ForeverWell (55+): Forever Active**

A supportive class designed to improve strength, mobility, and everyday movement using seated and standing exercises.

## **Weights & Plates Yoga / Yoga Flow**

A Vinyasa-inspired yoga class that connects breath and movement to build strength, improve flexibility, and promote focus.

## **Zumba + Lift**

Combines high-energy Zumba dance with strength training, utilizing dumbbells (5-15lbs) or bands to build muscle boost endurance, and improve bone density

## **Youth Strength Development Program (Youth Strength)**

For pre-teens and teens this program is designed to build a strong foundation and progressing into advanced techniques and training methods. Helping youth grow safely and confidently



# Studio A (Large) Group Sessions: APRIL

Studio A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Total Body Barbell Rotating 5:15-6:00		Weights & Plates Yoga (Sara) 5:15-6:00am		Yoga Flow Sara 5:15-6:00am		
6:00 AM							
7:00 AM							
8:00 AM	ForeverWell (55+) AOA Ben 8:15-9:00		ForeverWell (55+) AOA Ben 8:15-9am		ForeverWell (55+) AOA Ben 8:15-9:00am	Zumba	
9:00 AM	Total Body Barbell Grace 9:15-10:00	Low Impact Cardio Shelly 9:15-10:00	Low Impact Cardio Shelly 9:15-10:00	Core Strength Flow Anna 9:15-10:00am	Low Impact Cardio Shelly 9:15-10:00am	Tamika 8:30-9:30am Yoga Flow	
10:00 AM	ForeverWell (55+) Forever Active Anna 10:15-11:00	ForeverWell (55+) Forever active Karrie 10:15-11:00	ForeverWell (55+) ForeverActive Grace 10:15-11:00	ForeverWell (55+) ForeverActive Karrie 10:15-11:00		Tamika 9:45-10:30am	
11:00 AM		ForeverWell (55+) Chair Flow Margie 11:15-12:00		ForeverWell (55+) Chair Flow Margie 11:15-12:00pm			
12:00 PM			Parkinson's Power Aspirus Therapies & Pinnacle 12:00-12:50pm				
1:00 PM							
2:00 PM		Reserved-VA 2-3pm					
3:00 PM	Reserve for VA 3-4pm						
4:00 PM							
5:00 PM				Butts & Gutts Izaak			
6:00 PM		Zumba Tamika 6:15-7:15pm	Zumba + Lift Tamika 6:00-7:15pm	5:30-6:15pm			
7:00 PM							

Sessions **Highlighted** are PAID Classes

Studios are open for member access (13+ years old allowed without adult, 11-12 years old MUST HAVE ADULT, <11 years old not allowed without adult/guardian supervision) | No SPORTS balls/equipment in studio



# Group Exercise Schedule

## **Cycling**

A music-driven indoor ride simulating hills, sprints, and open-road cycling for a powerful lower-body and cardiovascular workout.

*Reserve at the front desk. 12-person limit.*

## **Spinning Strength**

A dynamic class combining cycling, strength movements, and core work for a fun and challenging full-body workout.

*Reserve at the front desk. 12-person limit.*

## **Sprint 8 (HIIT)**

A science-based high-intensity interval workout alternating short sprint intervals with recovery periods to improve cardiovascular fitness, burn fat, and build lean muscle using Matrix equipment.

## **TRX**

Suspension training using adjustable straps and bodyweight exercises to build strength, balance, flexibility, and core stability.

*Reserve at the front desk. 12-person limit.*

## **Bootcamp**

A high-energy workout combining strength and cardio through fast-paced circuits designed to build endurance, burn calories, and improve total-body fitness. Expect a motivating, team-style environment that keeps you moving and challenged.

## **Small Group Training**

Experience coach-led workouts designed by our expert trainers to target specific muscle groups, build strength, and help you achieve the look, performance, and results you want. Enjoy personalized guidance and motivation in a small group setting for faster progress.



# Studio B (Small) Group Sessions: APRIL

**\*Cycling & TRX: Pick up card from front desk to reserve your spot**

Studio A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM		*Cycling Jen 5:15-6:00am		*Cycling Jen 5:15-6:00am			
6:00 AM							
7:00 AM	Small Group Training Ben 6:45-7:45am		Small Group Training Ben 6:45-7:45am		Small Group Training Ben 6:45-7:45am		
8:00 AM				Youth Strength Tamika/Izaak 8:00-9:00		Spin & Strength/Sprint 8 Izaak 8:15-9:00am	
9:00 AM			*Sprint 8 Anna 9:15-10am		Spin & Strength Desirae 9:15-10:00am		
10:00 AM	Small Group Training Rhianna 10:15-11:15am		Small Group Training Rhianna 10:15-11:00am		Small Group Training Rhianna 10:15-11:15 am		
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	Small Group Training Shelly 4:30-5:30pm		Small Group Training Rhianna 4:30-5:30pm	TRX Rhianna 4:45-5:30pm			
5:00 PM	Boot Camp Shelly 5:45-6:30pm	Boot Camp Izaak 5:30-6:15 pm					
6:00 PM							
7:00 PM							

Sessions **Highlighted** are PAID Classes

Studios are open for +A1:H51 member access (13+ years old allowed without, adult 11-12 years old MUST HAVE ADULT, <11 years old not allowed parent/guardian) | No SPORTS balls/equipment in studio