

Day	Time	Duration	Class	Instructor	Location	Notes:
<b>Monday</b>						
	8:45 AM	60	Cardio Shake Up	Megan	Studio 3	
	8:45 AM	50	Cycle	Tiffany	Studio 1	
	9:00 AM	60	Hydrofit	Bonnie	Pool	
	9:00 AM	45	Body Attack Express™	Kristin	Studio 2	
	10:00 AM	55	Body Pump™	Gina/Elizabeth	Studio 2	
	10:15 AM	45	Zumba™ Gold	Gina/Elizabeth	Studio 3	
	5:30 PM	50	Body Attack™	Mandi	Studio 2	
	5:30 PM	50	Cycle	Linda	Studio 1	
	5:30 PM	50	Zumba™	Gina/Elizabeth	Studio 3	
	6:30 PM	55	Body Balance™	Erica	Studio 3	
	6:30 PM	55	Body Combat™	Jennifer	Studio 2	
<b>Tuesday</b>						
	7:30 AM	50	Muscle Mashup	Jeff	Studio 2	
	8:30 AM	30	Tabata Cardio	Gina	Studio 2	
	9:00 AM	45	Core & More	Gina	Studio 2	
	9:00 AM	60	Hydrofit	Bonnie	Pool	
	9:45 AM	60	Yoga	Sharon	Studio 3	
	9:45 AM	55	Body Combat™	Elizabeth	Studio 2	
	10:45 AM	45	Zumba™	Elizabeth	Studio 2	
	5:00 PM	60	Piloxing	Erica	Studio 3	
	5:15 PM	45	Body Step™ Express	Denise	Studio 2	
	6:15 PM	60	Body Pump™	Denise	Studio 2	
	6:15 PM	<b>45</b>	Barre	Erica	Studio 3	
<b>Wednesday</b>						
	8:30AM	50	Cycle	Rhonda	Studio 1	
	8:30AM	30	Core Blast	Amy C/Mandi	Studio 2	
	9:00 AM	45	Body Step™ Express	Amy C/Mandi	Studio 2	
	10:00 AM	55	Body Pump™	Gina	Studio 2	
	11:00 AM	50	Cardio Combo Gold	Gina	Studio 2	
	5:30 PM	45	LIIT Gold	Ilona	Studio 3	
	5:45 PM	55	Body Combat™	Elizabeth	Studio 2	
	6:30 PM	60	Yoga	Amy P	Studio 3	
<b>Thursday</b>						
	8:30 AM	50	Cycle	Jeff	Studio 1	
	8:30 AM	30	Core Blast	Mandi	Studio 2	
	9:00 AM	60	Hydrofit	Cyndi	Pool	
	9:15 AM	45	Boot Camp	Mandi	Gym	
	9:15 AM	45	Strong & Lean UBT & Core	Megan	Studio 2	
	9:30 AM	60	Yoga	Sharon	Studio 3	
	10:05AM	45	Pilates Fusion	Megan	Studio 2	
	5:00 PM	60	Body Pump™	Denise	Studio 2	
	5:45 PM	60	Cardio Pilates	Ilona	Studio 3	
	6:00 PM	45	HIIT Power Ride 30	Kevin	Studio 1	
	6:15 PM	60	Zumba™	Chompoo	Studio 2	
	6:15 PM	60	Hydrofit	Bonnie	Pool	

Day	Time	Duration (min.)	Class	Instructor	Location	Notes
<b>Friday</b>						
	8:30 AM	30	Strong & Lean 30	Amy C	Studio 2	
	9:00 AM	50	Body Combat™	Amy C	Studio 2	
	10:00 AM	60	Vinyasa Flow	Amy C	Studio 3	
	10:00 AM	45	LIIT Gold	Elizabeth/Gina	Studio 2	
<b>Saturday</b>						
	7:45 AM	50	Cycle	Kevin	Studio 1	
	8:45 AM	60	Body Pump™	Denise/Amy P.	Studio 2	
	10:00 AM	60	Body Attack™	Kristin	Studio 2	
	10:00 AM	60	Zumba™	Erica	Studio 3	
<b>Sunday</b>						
	8:30 AM	55	Body Balance™	Amy P	Studio 3	
	8:30 AM	50	Cycle	Tiffany	Studio 1	
	9:35 AM	60	Power Yoga	Amy P.	Studio 3	
	9:30 AM	30	Core & More	Elizabeth	Studio 2	
	10:00 AM	60	Body Combat™	Elizabeth	Studio 2	<b>*BODY STEP EXPRESS 3/5 ONLY*</b>

***CLASS DESCRIPTIONS ARE ON A SEPARATE DOCUMENT. PLEASE SEE THE FRONT DESK FOR DETAILS!***

## FITNATION GROUP EXERCISE CLASS DESCRIPTIONS

### CARDIO

**BODYATTACK®:** A high energy, sports-inspired interval training, cardio workout for building strength, stamina and agility. Combined athletic movements and strength exercises will push you toward your fitness goals.

**BODYCOMBAT®:** This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Tae Kwon Do, Tai Chi, and Muay Thai. This non-contact format is supported by strong, powerful music.

**BODYSTEP®:** Compelling cardio fitness that shapes and tones the legs, improves coordination, bone density, posture and agility with easy to follow choreographed combinations using an adjustable step platform. (**Express:** 45 minute class)

**CARDIO SHAKE UP:** Each week you will be challenged with a combination of different styles of workouts! Instructor will choose any combination of formats that may include Kickbox, Step, Hi/Lo aerobics, HIIT Training, Strength and more..... This workout is designed to shake up and wake up your body.

**TABATA CARDIO:** An intense HIIT cardio workout with 4 minute sets of work consisting of 8 20 sec rounds per set w/ a 10 sec rest.

### CARDIO/STRENGTH

**BOOT CAMP:** This class is a heart pumping, muscle flexing, challenging workout. Simple cardio combinations will be taught with intervals of strength training (weights, tubes, pump bars, etc..) mixed in.

**CARDIO COMBO GOLD:** A lower impact class using different equipment for light cardio and strength exercises! A full body workout easier on the joints but full of heart pumping fun!

**CARDIO PILATES:** Traditional Pilates exercises using a variety of equipment to strengthen and tone the core mixed with easy to follow cardio drills designed to raise the heart rate for a great metabolic conditioning workout. This great balance of cardio and strength Exercises is an all over body workout to burn calories and develop muscles at the same time.

**LIIT GOLD:** A fun, non-impact, fitness class designed for the active older adult, someone new to exercise or someone just getting back into exercise and wants to ease back in. An interval cardio and strength workout consisting timed exercises followed by periods of rest. All different equipment and modalities will be utilized for an all over body workout.

**PILOXING:** A cardio strength class that includes easy to follow boxing combos intermixed with standing pilates strength intervals. Participants have an option to take class in bare feet to strengthen the feet and ankles as well as maintain better balance during Pilates.

**PILATES FUSION:** A mat-based fusion of a HIIT workout with traditional Pilates and Pilates inspired moves. The perfect balance of cardio and strength. Total body defining moves will leave you feeling strong and balanced.

### MIND/BODY **\*\*Please bring a Yoga mat to class with you\*\***

**BODYBALANCE®:** A yoga, Tai Chi, Pilates workout that builds flexibility, strength and leaves you feeling centered and calm.

**YOGA:** Work all major and minor muscle groups by repeating a series of poses and flowing them together to develop strength, flexibility, endurance and mindfulness.

**POWER YOGA:** Yoga with a kick. Be prepared to move through a combinations of yoga poses that will challenge, lengthen, and strengthen your muscles. You will leave feeling strong and calm.

**VINYASA FLOW:** An athletic approach to yoga using continuous movements and poses linked with the breath. This will get your heart rate up and have you working up a sweat.

### DANCE

**ZUMBA®:** A fun, Latin, cardio dance class that combines all styles of Latin dance/music.

**ZUMBA GOLD:** Zumba moves designed for the active older adult or someone just starting out, new to fitness.

### STRENGTH TRAINING

**BARRE:** A class that utilizes ballet principles to build strength in the lower body. Focus will also be placed on core strength and balance.

**BODYPUMP:** A choreographed strength and conditioning classes that uses high repetition with weighted barbells and inspiring music to motivate participants through 10 music tracks.

**CORE BLAST:** This 30 minute class strengthens and stabilizes all the muscles of the core. Different equipment will be utilized to help build a strong and lean midsection!

**MUSCLE MASHUP:** Love to be surprised with every class? This class will keep you and your muscles guessing what comes next. All types of strength equipment will be used for all styles of lifting!

**CORE & MORE:** 30-45 minutes of mainly Core Blast training(description above) combined with multi muscular strength moves.

**STRONG & LEAN:** A multi muscular free style strength class to achieve longer leaner muscle tone and improve muscle endurance! Upper and lower body exercises will be taught together using a variety of different equipment. (UBT– Upper Body Toning)

**Please Note:**  
Drop-in schedule and instructors are subject to change without notice. All group exercise classes require a wristband upon entering the class. Please hand wristband to the instructor at the beginning of class.

**FitNation Hours:**  
Monday-Thursday:  
5:00a-10:00p  
Friday: 5:00a-9:00p  
Sat & Sun: 7:00a-5:00p  
**KidNation Child Care Hours:**  
Mon– Sun: 8:30a-12:00p  
Mon-Thu: 4:30p-8:00p

## **FITNATION GROUP EXERCISE CLASS DESCRIPTIONS (cont.)**

### **AQUATIC**

**HYDRO-FIT**: This class uses water's resistance for an aerobic, strengthening, and ROM workout. The water allows for less joint impact and an increase in hydrostatic pressure.

### **INDOOR CYCLING**

**CYCLE**: An awesome 50 min indoor cycling class that provides a fun and challenging cardiovascular workout for all fitness levels.

**HIIT POWER RIDE 30**: Class starts with a 5-7 min warmup then proceeds to high intensity drills for 30 min to increase your heart rate and burn fat in a shorter amount of time. Class is followed up with a 5-7 min cooldown and stretch!