

GROUP FITNESS SCHEDULE

GROUP



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CLASS LOCATIONS

SPIN
FITNESS CENTER,
UPSTAIRS CARDIO AREA

PILATES
HITT CENTER

YOGA
HITT CENTER

CIRCUIT TRAINING
HITT CENTER

ZUMBA
HITT CENTER

0600-0700 PILATES MARISOL	0600-0700 SPIN THEO	0600-0700 PILATES MARISOL	0600-0700 SPIN THEO	0600-0700 YOGA MARISOL	
	0730-0815 CIRCUIT TRAINING ELISE	0730-0815 CIRCUIT TRAINING ELISE		0730-0815 CIRCUIT TRAINING ELISE	
					0800-0900 SPIN KAREN
1130-1215 CIRCUIT TRAINING ELISE		1130-1230 SPIN THEO	1130-1215 POWER YOGA JULIE		
		1130-1215 CIRCUIT TRAINING ELISE		1130-1215 CIRCUIT TRAINING ELISE	
	1530-1630 YOGA TAMARA	1530-1630 YOGA TAMARA			
1700-1800 YOGA JULIE	1700-1800 ZUMBA SUZY	1700-1800 ZUMBA SUZY			

FITNESS CENTER HOURS

MONDAY-FRIDAY 0500-2200
SATURDAY-SUNDAY 0700-1700
HOLIDAYS 0700-1600



GROUP

CLASS DESCRIPTIONS

SPIN

Gear up for an energizing spin class that combines high-intensity cycling with rhythmic music to deliver a full-body cardio workout. Through a mix of sprints, climbs, and interval training, you'll improve cardiovascular endurance, build lower-body strength, and burn calories in an electrifying group environment.

ZUMBA

Get ready to sweat, smile, and groove in this high-energy Zumba class! Perfect for all fitness levels, Zumba combines Latin-inspired dance moves with dynamic, easy-to-follow routines set to infectious music. Burn calories, tone muscles, and boost your mood as you salsa, merengue, reggaeton, and cumbia your way to fitness. Whether you're a seasoned dancer or a first-timer, this fun and supportive environment will have you moving with confidence and joy. No dance experience is necessary—just bring your enthusiasm, comfortable workout clothes, and plenty of water for this exhilarating workout party!

PILATES

Enhance your strength, flexibility, and posture in this Pilates class that blends precise, low-impact movements with focused breathing techniques. Rooted in core stabilization and spinal alignment, Pilates activates your deep muscles, improves balance, and supports better joint mobility, making it ideal for building functional strength and reducing tension.

YOGA

Unwind and recharge in this restorative yoga class, designed to promote deep relaxation and healing. Using gentle poses, props, and mindful breathing you'll release tension, calm the nervous system, and enhance your body's natural ability to recover and restore balance.

CIRCUIT TRAINING

Elevate your fitness in this interval style training that integrates strength and cardiovascular exercises to enhance overall athleticism and functional fitness. By targeting multiple energy systems and engaging both fast- and slow-twitch muscle fibers, this class improves muscular strength, power endurance, and metabolic efficiency, fostering better performance and resilience in everyday and athletic activities.

POWER YOGA

A dynamic and energetic style of yoga that focuses on building strength, endurance, and flexibility while promoting mindfulness and inner balance. This practice blends traditional yoga poses with a fitness-oriented approach, offering a fast-paced, full-body workout. Power Yoga encourages sweat to detoxify the body and improve circulation. The sequences are often inspired by Vinyasa Yoga, where breath is synchronized with movement to create a flowing and meditative experience. Whether you're a seasoned athlete or a yoga beginner, Power Yoga offers a challenge tailored to your personal goals and abilities.

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