

GROUP FITNESS schedule



OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 8:30 AM 9:30 AM 4:30 PM	1 5:30 AM 8:30 AM 9:30 AM 4:00 PM 6:00 PM	2 8:30 AM 9:30 AM 4:30 PM	3 5:30 AM 8:30 AM 9:30 AM 4:00 PM 6:00 PM	4 8:30 AM
7 8:30 AM 9:30 AM 4:30 PM	8 5:30 AM 8:30 AM 9:30 AM 4:00 PM 6:00 PM	9 8:30 AM 9:30 AM 4:30 PM	10 5:30 AM 8:30 AM 9:30 AM 4:00 PM 6:00 PM	11 8:30 AM
14 FEDERAL HOLIDAY NO CLASSES	15 5:30 AM 8:30 AM 9:30 AM 4:00 PM 6:00 PM	16 8:30 AM 9:30 AM 4:30 PM	17 5:30 AM 8:30 AM 9:30 AM 4:00 PM 6:00 PM	18 8:30 AM
21 8:30 AM 9:30 AM 4:30 PM	22 5:30 AM 8:30 AM 9:30 AM 4:00 PM 6:00 PM	23 8:30 AM 9:30 AM 4:30 PM	24 5:30 AM 8:30 AM 9:30 AM 4:00 PM 6:00 PM	25
28 8:30 AM 9:30 AM 4:30 PM	29 8:30 AM 9:30 AM 4:00 PM 6:00 PM	30 8:30 AM 9:30 AM 4:30 PM	31 5:30 AM 8:30 AM 9:30 AM 4:00 PM 6:00 PM	BREAST CANCER AWARENESS CLASS WEAR PINK!



FIT FLOW YOGA NAS I

This heart-pumping power vinyasa flow focuses on building strength, stamina, flexibility & mental focus by connecting movement to breath.



HIIT & CORE NAS II ★

An intense full-body workout that transitions into low-impact exercises designed to strengthen & stretch the body, incorporating balance & core.



KICKBOXING NAS I

Learn how to punch, knee & kick! Begin with a warm-up & lead into functional work. Then, learn & perfect basic technique work. 90 min.



POP PILATES NAS I

Where strength meets flexibility. Think focused movements that leave your body toned & transformed.



SPIN NAS I

Intervals, sprints, climbs, runs, & jumps all to motivating music. This workout burns calories & increases endurance. Come on in for the ride!



STRENGTH & CONDITIONING NAS I

Focus on building your strength & increasing conditioning by executing varied, compound functional movements in each session.



VINYASA YOGA NAS I

Focus on mindfulness, breathing, & physical movements. Vinyasa Yoga links the breath & the poses in a flowing format.



YIN & YANG YOGA NAS I

Start with active sequencing targeting strength & stamina followed by passive, longer held poses focused on flexibility & restorative care.



ZUMBA NAS I

Up-tempo Latin music styles like salsa, cha-cha, reggaeton, & more create an enjoyable, productive workout atmosphere.