

Group Ex Class Schedule – Jan 5-Jan 11 2026



	MON. 1/5	TUE. 1/6	WED. 1/7	THU. 1/8	FRI. 1/9	SAT. 1/10	SUN. 1/11
5a	5:30-6:30am Total Body Strength & Conditioning Spencer <i>1501 Barnsdale Rd</i>	5:30-6:30am Total Body Strength & Conditioning Alex <i>1501 Barnsdale Rd</i>	5:30-6:30am Total Body Strength & Conditioning Spencer <i>1501 Barnsdale Rd</i>	5:30-6:30am Total Body Strength & Conditioning Alex <i>1501 Barnsdale Rd</i>	5:30-6:30am Total Body Strength & Conditioning Spencer <i>1501 Barnsdale Rd</i>		
6a							
7a		7-7:45am Active Older Adult (AOA) Spencer <i>1501 Barnsdale Rd</i>		7-7:45am Active Older Adult (AOA) Spencer <i>1501 Barnsdale Rd</i>		7:35-8:35am Pilates Stacy <i>CPF</i>	
8a							8:30-9:30am Total Body Strength & Conditioning Alex <i>CPF</i>
9a	9:00-10:00am TABATA Bootcamp Spencer <i>1501 Barnsdale Rd</i>	9:00-10:00am Power Hour Liam <i>1501 Barnsdale Rd</i>			9:30-10:30am WERQ Spencer <i>1501 Barnsdale Rd</i>	9:00-10:00am Power Hour Liam <i>CPF</i>	9:45-10:45am WERQ Ibrahim <i>CPF</i>
10a						10:15-11:15am Zumba Laima <i>CPF</i>	
11a							
12p	12:00-1:00pm Yoga Freya <i>1501 Barnsdale Rd</i>				12:00-1:00pm Bend & Breathe Spencer <i>1501 Barnsdale Rd</i>		
4p							
5p		5:45-6:45pm Zumba Laima <i>1501 Barnsdale Rd</i>					
6p							
7p							* Classes subject to change

Power Hour - 60 minutes of high-energy, total-body HIIT training—blending strength, endurance, and explosive power. This is your chance to push your limits, feel unstoppable, and own your fitness journey. *Leave stronger, faster, and fully empowered.*

Zumba- A dynamic, dance-fitness program that combines Latin and international music with choreographed movements, creating an engaging and effective workout.

WERQ – A high-energy, non-stop, cardio dance fitness class based on pop and hip-hop music. It's designed to be a fun, engaging workout that's accessible to all fitness and dance levels. WERQ classes feature a variety of dance styles, incorporate a warm-up and yoga-inspired cooldown, and are taught by certified fitness professionals.

Total Body Strength & Conditioning- Offers a comprehensive total body instructor led strength class. Work from muscle to muscle utilizing pump bars, free weights, and body weight to leave stronger than you felt walking in.

Cycle - Schwinn cycle classes offer a high-intensity, cardio-focused workout experience with a focus on both physical and mental fitness. These classes incorporate a variety of terrains and training styles, such as climbs, flat roads, and intervals, to challenge riders of all levels.

Yoga Flow - A vinyasa style yoga class, which follows the same sequence of 26 specific yoga poses and two breathing exercises. This non-heated version offers the benefits of building strength, flexibility, and mental focus through a set routine. The series of postures is designed to work every muscle group, promoting overall physical fitness and strength.

HIIT Pilates Fusion - Take your workout to a whole new level with high-intensity interval training (HIIT)! This super challenging, yet fun, class pushes you past your comfort zone with short bursts of intense exercise followed by short periods of rest. HIIT is an effective way to burn fat, build muscle and boost metabolism. This is a total body workout with a strong focus on the core. Can be modified for beginners or advanced. See you on your mat!

Yoga - Designed to deepen the mindbody connection for all fitness levels. Explore gentle strength, balance, and mobility training with the connection to breath through movement.

Pilates - Meet Stacy, a Mat Certified Pilates Instructor specializing in mind body connection. Stacy's classes are designed to improve balance, strength and flexibility.
Whether you're a beginner or have some Pilates experience, Stacy will guide you on your Pilates journey, helping you move with greater ease and confidence.

AOA, or Active Older Adult class, is specifically designed to promote the physical and mental well-being of older adults. These classes are open to people of all fitness levels and experiences and are tailored to provide a safe and effective workout.

Fit Kids Club - Designed for young fitness enthusiasts aged 8-11, this class goes over the foundations of exercise and body mechanics. Incorporating plyometrics, Speed, Agility, and Quickness into the best 45 minute after school workout. Kids in this class will walk out feeling stronger, more confident, and ready for dinner!

TABATA Bootcamp - Join us for a 60-minute HIIT style burn! 1 exercise, 4 rounds, 20 seconds on with 10 seconds of rest in between. A combination of total body strength and resistance fueled by cardiovascular movements, this class is guaranteed to build muscular endurance and to get your heart rate up. Low Impact options always available!

Yoga Sculpt - If you are looking for a more intense workout than a traditional yoga class, this is the class for you! Yoga Sculpt is for those who enjoy vinyasa style yoga flow but want to incorporate more strength and cardio. By using light to moderate weights, resistance bands, and blocks, Yoga Sculpt aims to “sculpt” lean muscle and burn calories in a dynamic and fast-paced class format.

Chair Yoga - A gentle, modified form of yoga that uses chairs for seated stretches (poses, asanas) and for balance and strengthening in standing poses. Also uses bricks and straps as props to make the class accessible to all. Additionally, the use of breath combined with movement is emphasized.

Hatha Yoga - The physical practice of yoga and use of breath while focusing on alignment and holding a wide range of poses (asanas) for periods of time. The class also makes extensive use of yoga props such as blocks, chairs mats and straps to aid in alignment and accessibility to maximize physical and mental wellbeing.

Bend & Breathe -Breathe your way into stronger flexibility and mobility. This stretch-focused class includes dynamic stretches combined with long holds to boost recovery, prevent injury, and improve the quality of our everyday movements. Available to all bodies of all levels of flexibility.