

Fitness First Group Fitness Schedule

Effective 2/16/18



Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00-7:00a - Janis Strength - Grp	Punch Pass Class 6:00-7:00a WERQ - MPR Weber Center Punch Pass Required	5:45-6:45a - Charlotte Spin for Strength - Spin	Punch Pass Class 6:00-7:00a WERQ - MPR Weber Center Punch Pass Required	5:45-6:45a - Sigalle Interval Spin - Spin	8:00-9:00a - Katrina TBS - MPR	7:45-8:45a - Jack Interval Spin - Spin
7:05-8:05a - Janis TBS - Grp	Punch Pass Class 9:30-10:30a Yoga Devonshire Center Punch Pass Required	6:00-7:00a - Janis Cardio Interval - Grp	7:00-8:00a - Harriet Just Stretch - Grp	5:45-6:45a - Janis Boot Camp - Grp	8:30-9:30a - Charlotte Interval Spin - Spin	7:50-8:50a - Lisa Relax / Revitalize - MPR
8:00-8:50a - Leslye Core-n-More - MPR	7:00-8:00a - Harriet Strength and Conditioning - Grp	7:05-8:05a - Janis TBS - Grp	7:00-8:00a - Rene Spin - Spin	7:00-8:00a - Harriet Strength and Conditioning - Grp	9:15-10:30a - Mira Yoga Level 2 - MPR	9:00-10:15a - Katrina Core - Fit Studio
8:30-9:30a - KC Low Impact Cardio - Grp	7:00-8:00a - Rene Spin - Spin	8:00-8:50a - Leslye Core-n-More - MPR	7:55-8:55a - Pnina Beg. Pilates - MPR	7:50-8:50a - Pnina Silver Sneakers - MPR	10:30-11:30a - KC TBS - Grp	9:00-10:00a - Rene Spin - Spin
10:00-11:00a - June Easy Spin-Spin	8:30-9:30a - Lana Zumba Gold - Grp	8:15-9:15a - Mike Core - Fit Studio	8:30-9:30a - Lana Zumba Gold - Grp	8:00-9:00a - KC Low Impact - Fit Studio	10:45-12:00a - Mira Yoga Level 1 & 2 - MPR	10:30-11:30a - Sabrina Zumba - Grp
11:00a-12:00p - Debbie Forever Strong - Grp	9:00-10:00a - Pnina Silver Sneakers - MPR	8:30-9:30a - Lana Zumba Gold - Grp	9:15-10:30a - Mira Gentle Yoga 1 and 2 - MPR	8:15-9:15a - Mike Core - Fit Center	11:30a-12:30p - Kristina Zumba - Grp	11:30a-12:30p - Charlotte Body Pump - Grp
3:00-4:00p - Lisa QiGong - MPR	9:30-10:30a - KC Strength - Fit Studio	10:00-11:00a - June Easy Spin-Spin	10:45-11:45a - Harriet Silver Sneakers - MPR	8:30-9:30a - Leslye CSI - Grp	12:00-1:00p - Tyrone Turbo Kick - MPR	
4:30-5:30p - Suzy Zumba - Grp	10:55-11:55a - Pnina Pilates - Grp	11:00a-12:00p - Debbie Forever Strong - Grp	11:00-11:55a - Pnina Pilates - Grp	Punch Pass Class 9:30-10:30a WERQ Devonshire Center Punch Pass Required		
Punch Pass Class 5:00-6:00p WERQ - MPR Weber Center Punch Pass Required	Punch Pass Class 11:00a-12:00p Active Motion Training - MPR Weber Center Punch Pass Required	12:00-1:00p - Harriet Yo Body / Yo Mind - MPR	11:30-12:30p - Kathy Spin Pilates-Spin/MPR	10:00-11:00a - June Easy Spin-Spin		
5:30-6:30p - Charlotte RIPPED - Grp	4:30-5:15p - Jody TBS - Grp	5:00-6:00p - Charlotte Body Pump - Grp	Punch Pass Class 12:30-1:30p WERQ- MPR Weber Center Punch Pass Required	10:15-11:30a - Mira Yoga 1 and 2 - MPR		
5:30-6:30p - Marie Interval Spin - Spin	5:30-6:30p - Kathy Spin - Spin	5:30-6:30p - Leslye Zumba - Grp	3:00-4:00p - Lisa QiGong - MPR	11:00a-12:00p - Debbie Forever Strong - Grp		
	5:15-5:45p - Tyrone Insanity - MPR B	5:30-6:30p - Marie Interval Spin - Spin	4:30-5:15p - Charlotte Body Blast - GRP	5:00-6:00p - Sheldon Body Pump - Grp		
	Punch Pass Class 5:20-6:00p Barre Above - MPR Weber Center Punch Pass Required		Punch Pass Class 5:45-6:45p Barre Above - MPR Weber Center Punch Pass Required	6:00-7:00p - Sabrina Zumba - MPR		
	6:00-7:00p - Tyrone Turbo Kick - MPR		5:30-6:30p - Regina Spin - Spin	ROOM ABBREVIATIONS Grp - Group Fitness Room 2nd Floor Fit Studio - Fitness Studio East end of Fitness Ctr Spin - Spin Studio in Fitness First MPR-Multi Purpose Room Weber Ctr Gym-Gym Weber Ctr		
	7:15-8:15p - Sabrina Zumba - Grp		7:00-8:00p - Jennifer Zumba - Grp			
	7:00 -8:00p - Tyrone TBS - MPR (3rd Thurs Fit Studio)		7:00-8:00p - Jodi Spin - Spin			
	7:00-8:00p - Jodi Spin - Spin					
				Punch Pass Class (Starts March 1st) Punches must be purchased to participate in class		

Group Exercise and Spin Class Descriptions

Strength

Body Blast: A strength class that works the upper and lower body. Use free weights, bands, body bars, balls and medicine balls as well as body weight exercises.

Bodypump: use THE REP EFFECT™ to give you sculpted shoulders, defined biceps and triceps, strong lean legs, firm glutes and a tight core. Build strength without building bulk.

Core/Core –n-More: Strength and stability are the focus of this class. You will use a variety of movements to make your entire core including the posterior chain rock solid.

Forever Strong: Low impact strength training. We keep one foot on the ground at all times to reduce joint impact. We finish with core conditioning and stretching.

Total Body Strength (TBS): Increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe including the core and posterior chain.

RIPPED Experience "plateau proof fitness formula" workout, which combines Resistance, Intervals, Power, Plyometrics, and Endurance, components to help you attain and maintain your physique in ways that are safe, doable and effective.

Boot Camp Bodyweight exercises will help increase strength and endurance and then we add dumbbells, medicine balls, resistance bands and take it to the next level.

CSI (Cardio Strength Interval) Short intervals alternating cardiovascular and strength training create the ultimate total body fitness experience!

Strength and Conditioning: This class is designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe.

Strength: is a weight training class that uses a variety of equipment to help tone and strengthen each major muscle group. A great class for beginners and hard-core exercise enthusiasts.

ActivMotion Training utilizes the innovative, dynamic nature of the ActivMotion Bar's internal rolling steel weights to provide an unparalleled fitness experience that facilitates greater core and joint stability muscle activation and engages every physiological movement system in an integrated way, igniting the senses to build a stronger mind-muscle connection .

Cardio

Cardio Interval: This energetic class challenges you with a variety of low impact aerobics, step, kickboxing, and strength training. Core conditioning and stretching concludes this class.

Low Impact Cardio: A gentler, lower impact version of our regular cardio interval class. This class is great for seniors and those that like a slower paced class.

Spin: An indoor cycling class. **Interval** will rotate between slower speeds, more resistance and faster speed, less resistance. **Easy Spin** is for beginners or seniors. **Strength** focuses on lower body work and high resistance. **Endurance** focuses on lower resistance and more consistent pace.

Turbo-Kick: The unique turbo kick movement patterns, combinations and technique work together to give the ultimate cardiovascular workout. Turbo kick allows participants of any fitness level to participate and custom tailor their workouts.

ZUMBA: Latin-inspired dance fitness class that incorporates Latin and International music. The zumba class combines fast and slow rhythms that tone and sculpt the body. **Zumba Gold** is a lower impact gentler version of regular Zumba.

MIXX cardio kickbox, dance or low-impact cardio and body sculpt with weights.

Insanity! cardio classes, based on max interval training. Athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. Modifications are provided for all fitness levels.

WERQ® is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

Mind Body

Just Stretch: This is a gentle class that works all muscle groups in slow stretches and breathing exercises

Pilates: Pilates will increase lung capacity, and circulation as well as strengthen the core and back muscles. Posture, balance, and coordination will also be enhanced through this practice. Done mostly on a mat on the floor. **Regular** classes are challenging and focus on your whole body.

Beginner class is suitable for those just starting out, seniors and those that need a gentler class. **Strong and Balanced** includes the use of weights and bands to increase strength.

Relax and Revitalize: Led by a licenced Massage Therapist, this class will leave you feeling great; body and mind. Gentle stretches, massage and breathing exercises are incorporated.

Qigong: Gentle ancient movements rooted in Asian culture designed to improve range of motion, flexibility and blood flow.

Yo-Body, Yo-Mind: A mild stretch and yoga class designed to calm the body and mind.

Yoga: Practiced for thousands of years, yoga is a mind and body activity. Traditional postures, as well as breathing exercises will leave you feeling centered, flexible, and strong. **Level 1-2** classes focus on basic to intermediate postures and breathing exercises. **Gentle** yoga is a slower pace with basic and modified postures for those that need it. **Level 2 Cont.** yoga will challenge you to try new postures and improve your yoga practice. Some mats will be available but bring your own mat if you have one.

SilverSneakers: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

Barre Above® is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.