

MAY 2022

GroupEx Studio Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00		5:00		5:00		5:00		5:00		5:00	
:15		:15		:15		:15		:15		:15	
:30	BOOT CAMP Kris	:30	ROCK & ROW Lindsay	:30		:30	ROCK & ROW BOOT CAMP	:30	HYBRID TRX	:30	
:45	5:15-6:00	:45	5:15-6:00	:45		:45	Kris 5:15-6:00	:45	Lindsay	:45	
6:00		6:00		6:00	CYCLE & SCULPT AM	6:00		6:00	5:15-6:00	6:00	
:15		:15		:15	Julie	:15		:15		:15	
:30		:30		:30	5:45-6:45	:30		:30		:30	
:45		:45		:45		:45		:45		:45	
7:00		7:00		7:00		7:00		7:00		7:00	
:15		:15		:15		:15		:15		:15	
:30	AEROBIC STRENGTH	:30	CORE & MORE Shannon	:30	AEROBIC STRENGTH	:30		:30	AEROBIC STRENGTH	:30	
:45	Kim B:	:45	7:30-8:00	:45	Kim B:	:45		:45	Kim B:	:45	
8:00	7:30-8:30	8:00	TRANSITION	8:00	7:30-8:30	8:00		8:00	7:30-8:45	8:00	
:15	TRANSITION	:15		:15	TRANSITION	:15	POWER HOUR	:15		:15	
:30		:30	POWER HOUR	:30		:30	Shannon	:30		:30	
:45	FITFUSION	:45	Shannon	:45	Hybrid TRX	:45	8:15-9:15	:45	SIT TO BE FIT Kim T.	:45	INDO ROW Heidi/Julie
9:00	Lindsay	9:00	8:15-9:15	9:00	Lindsay	9:00		9:00	10:00-11:00	9:00	8:30-9:00
:15	8:45-9:35	:15	TRANSITION	:15	8:45-9:35	:15	TRANSITION	:15	FBG Bible Church	:15	TRANSITION
:30	TRANSITION	:30		:30	TRANSITION	:30		:30		:30	CYCLING FITNESS
:45		:45	YOGA	:45	TRANSITION	:45	YOGA	:45		:45	Heidi/Julie
10:00	SHAPE UP with	10:00	Shannon	10:00	SHAPE UP with	10:00	SHAPE UP with	10:00	SHAPE UP with	10:00	
:15	Shannon	:15		:15	Shannon	:15		:15	Shannon	:15	
:30	10:00-11:00	:30		:30	10:00-11:00	:30		:30	10:00-11:00	:30	
:45	TRANSITION	:45		:45	TRANSITION	:45		:45	TRANSITION	:45	
11:00		11:00		11:00		11:00		11:00		11:00	
:15	SIT TO BE FIT Kim T.	:15	TAI CHI	:15	SIT TO BE FIT Kim T.	:15	TAI CHI	:15	PILATES Kim T.	:15	
:30	Diane	:30	Diane	:30	Diane	:30	Diane	:30	Diane	:30	
:45	11:15-12:15	:45	11:15-12:00	:45	11:15-12:15	:45	11:15-12:00	:45	11:15-12:15	:45	
12:00	FBG Bible Church	12:00		12:00	FBG Bible Church	12:00		12:00	FBG Bible Church	12:00	
:15	TRANSITION	:15		:15	TRANSITION	:15		:15		:15	
:30	PILATES Kim T.	:30		:30	PILATES Kim T.	:30		:30		:30	
:45	12:30-1:30	:45		:45	12:30-1:30	:45		:45		:45	
1:00	FBG Bible Church	1:00		1:00	FBG Bible Church	1:00		1:00		1:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
2:00		2:00		2:00		2:00		2:00		2:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
5:00		5:00		5:00		5:00		5:00		5:00	
:15		:15		:15		:15		:15		:15	
:30	INTRO TO POWER YOGA	:30	ROCK & ROW	:30	CYCLE & SCULPT	:30	FUNCTIONAL FIT	:30		:30	
:45	Melinda	:45	Heidi	:45	Heidi	:45	Kim B.	:45		:45	
6:00	5:30-6:15	6:00	5:30-6:15	6:00	5:30-6:15	6:00	5:30-6:30	6:00		6:00	
:15	TRANSITION	:15		:15	TRANSITION	:15		:15		:15	
:30	ZUMBA	:30		:30	ZUMBA	:30		:30		:30	
:45	Casey	:45		:45	Casey	:45		:45		:45	
7:00	6:30-7:15	7:00		7:00	6:30-7:15	7:00		7:00		7:00	
:15		:15		:15		:15		:15		:15	

GroupEx HCM Wellness Center Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:00		8:00		8:00		8:00		8:00	
:15		:15		:15		:15		:15	
:30	H2O WORKOUT	:30	H2O WORKOUT	:30	H2O WORKOUT	:30	H2O WORKOUT	:30	CORE, BALANCE & BARRE
:45	Felicia	:45	Diane	:45	Kim B:	:45	Diane	:45	Felicia
9:00	8:30-9:30	9:00	8:30-9:30	9:00	8:30-9:30	9:00	8:30-9:30	9:00	8:30-9:30
:15		:15		:15		:15		:15	
:30		:30	ARTHRITIS THERAPY	:30		:30	ARTHRITIS THERAPY	:30	
:45		:45	Diane	:45		:45	Diane	:45	
10:00		10:00	9:30-10:30	10:00		10:00	9:30-10:30	10:00	
:15		:15		:15		:15		:15	
:30		:30	MASTER SWIM	:30		:30	MASTER SWIM	:30	
:45		:45	Al	:45		:45	Al	:45	
11:00		11:00	10:30-11:30	11:00		11:00	10:30-11:30	11:00	
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
FITNESS POOL RESERVED M-F 4-5:30P FOR YOUTH PROGRAMMING									
5:30		5:30		5:30		5:30		5:30	
:45	AQUA POWER	:45		:45	AQUA POWER	:45		:45	
6:00	Kim B:	6:00		6:00	Felicia	6:00		6:00	
:15	5:45-6:30	:15		:15	5:45-6:30	:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
7:00		7:00		7:00		7:00		7:00	
:15		:15		:15		:15		:15	

AEROBIC STRENGTH

This total-body strength & cardiovascular training is a great way to start your day! Strengthen your body with proper technique for functional fitness. You can keep the intensity low or pump it up for the ultimate fitness experience!

ARTHRITIS THERAPY

This warm water class is designed for those with arthritis who want to control pain and improve mobility, flexibility and general movements. THERAPY POOL

BOGA fit/BOGA Basics

This floating fitness water workout builds strength, deepens flexibility and improves balance and coordination without the harsh impacts.

BOOT CAMP

Jump start your day with this high-energy variety hour that will kick your booty and challenge you to new levels of fitness! Boot camp classes are held indoors & outdoors.

FITFUSION/HYBRID TRX

A combination of strength, cardio & core using the TRX suspension straps. Your body weight becomes your resistance as you work against gravity to control each movement.

FUNCTIONAL FIT

Designed for people who enjoy a challenging workout and want to improve their fitness for daily living with a focus on posture, balance, strength, and cardio health. Variety is key in this class that will rotate through a mix of formats, from walking to weightlifting to aerobic and resistance training in the fitness pool, with a special "Couch to 5k in four weeks" session prior to the Wildflower Run in April.

CYCLE & SCULPT

Mix it up with indoor group cycling intervals and strength training intervals. Get your cardio and strength training in this one high intensity hybrid class if you are short on time!

CORE & MORE

Hit those abdominal and back muscles with this short and sweet core workout! Flex, extend, rotate and stabilize the body to create a stronger center for every functional movement.

CYCLING FITNESS

This cardiovascular class on our indoor stationary bikes is always a great workout. Indoor cycling is a great training ground for outdoor cyclists & fitness enthusiasts alike.

H2O WORKOUT / AQUA POWER

These classes combine a variety of aerobic movement with intervals of resistance training in the Fitness Pool. Water noodles, aqua dumbbells, aqua steps, medicine balls and resistance bands are used to challenge participants.

HYDRO FITNESS

This class is a lap swim workout using a combination of cardio and strength training intervals with short bursts of high intensity swim techniques. Water noodles, aqua dumbbells, medicine balls and resistance bands are used to challenge swimmers. This class is ideal for participants able to swim 25 yards of freestyle stroke. Equipment needed: goggles, towel and swim suit.

INDO ROW

This indoor rowing class is "the perfect calorie burn!" Designed around elements in real row training & racing, instructors will lead you through skills & drills, wave workouts & racing!

INTRODUCTION TO POWER YOGA

This Class is an inspirational, energetic flowing practice for most levels. This practice will cultivate balance, strength, flexibility and mindfulness. You will be invited to step into possibility and be left with a strong sense of empowerment.

MASTERS SWIM

Total Immersion swim workout designed to improve stroke technique, speed and fitness level for both athletes and fitness enthusiasts.

PILATES

Progressive series of floor movements will strengthen the core muscles of the abdomen, lower back and pelvic area. Increase strength, flexibility and balance of the entire body, focusing on breathing and mindful movement.

POWER HOUR

Intense indoor cycling in a group setting will motivate you to achieve your personal fitness goals! This indoor cycling class is a great training ground for outdoor cyclists!

ROCK & ROW

This class combines basic IndoRow intervals & strength training in a circuit format that will keep your muscles guessing!

SHAPE UP

This high-energy crosstraining class incorporates cardiovascular conditioning, strength training and stretching. Fun and variety are the keys to sticking with your fitness regime! This is the only place in town to offer advanced step aerobics! Check with Shannon for class programming.

SIT TO BE FIT

This social class is designed for those wanting to remain active and enjoy a complete, non-impact workout. A combination of toning exercises is performed while sitting in a chair! This class is ideal for individuals with limited mobility.

TAI CHI

Improve balance, coordination & mental wellness with circular, fluid movements at a slow tempo. This class is ideal for people with arthritis

TRANSFORMATIVE YOGA

Each practice will begin with basic standing poses. In time, forward bends, back bends, twists, inversions, restorative poses and more are taught. Transformative Yoga is profound and rewarding practice with the use of props. All ages and fitness levels welcome.

WALK TO BE FIT

This class is focused on walk stride, balance and strength. We will be doing functional walking, standing balance work and strengthening of the muscles associated with walking to assist clients in maintenance of mobility.

ZUMBA

Join this high-energy dance party! Have a fun aerobic workout with the rhythmic moves of Latin dance!