

# NOVEMBER 2021

## GroupEx Studio Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00 :15 :30 :45	<b>BOOT CAMP</b> Kris 5:15-5:45 TRANSITION	5:00 :15 :30 :45	<b>ROCK &amp; ROW</b> Lindsay 5:15-6:00	5:00 :15 :30 :45	<b>BOOT CAMP</b> Kris 5:15-5:45 TRANSITION	5:00 :15 :30 :45	<b>ROCK &amp; ROW</b> Kris 5:15-6:00	5:00 :15 :30 :45	<b>HYBRID TRX</b> Lindsay 5:15-6:00	5:00 :15 :30 :45	
6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	<b>CYCLING FITNESS</b> Julie 6:00-6:45	6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	
7:00 :15 :30 :45	<b>AEROBIC STRENGTH</b> Kim B. 7:30-8:20 TRANSITION <b>FITFUSION</b> Lindsay 8:45-9:35 TRANSITION	7:00 :15 :30 :45	<b>CORE &amp; MORE</b> Shannon 7:30-8:00 TRANSITION <b>POWER HOUR</b> Shannon 8:15-9:15 TRANSITION <b>YOGA</b> Taylor 9:30-10:30	7:00 :15 :30 :45	<b>AEROBIC STRENGTH</b> Kim B. 7:30-8:30  <b>Hybrid TRX</b> Lindsay 8:45-9:35	7:00 :15 :30 :45		7:00 :15 :30 :45	<b>AEROBIC STRENGTH</b> Kim B. 7:30-8:30  <b>SIT TO BE FIT</b> Kim T. 8:50-9:40 FBG Bible Church	7:00 :15 :30 :45	
8:00 :15 :30 :45		8:00 :15 :30 :45		8:00 :15 :30 :45		8:00 :15 :30 :45	<b>POWER HOUR</b> Shannon 8:15-9:15 TRANSITION <b>YOGA</b> Taylor 9:30-10:30	8:00 :15 :30 :45		8:00 :15 :30 :45	<b>INDO ROW</b> Heidi/Julie 8:30-9:00 TRANSITION <b>CYCLING FITNESS</b> Heidi/Julie 9:15-10:00
9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45	
10:00 :15 :30 :45	<b>SHAPE UP with</b> Shannon 10:00-11:00 TRANSITION <b>SIT TO BE FIT</b> Kim T. 11:15-12:05 FBG Bible Church TRANSITION <b>PILATES</b> Kim T. 12:30-1:30 FBG Bible Church	10:00 :15 :30 :45	<b>TAI CHI</b> Diane 11:15-12:00	10:00 :15 :30 :45	<b>SHAPE UP with</b> Shannon 10:00-11:00 TRANSITION <b>SIT TO BE FIT</b> Kim T. 11:15-12:05 FBG Bible Church TRANSITION <b>PILATES</b> Kim T. 12:30-1:30 FBG Bible Church	10:00 :15 :30 :45		10:00 :15 :30 :45	<b>SHAPE UP with</b> Shannon 10:00-11:00 TRANSITION <b>PILATES</b> Kim T. 11:15-12:15 FBG Bible Church	10:00 :15 :30 :45	
11:00 :15 :30 :45		11:00 :15 :30 :45		11:00 :15 :30 :45		11:00 :15 :30 :45	<b>TAI CHI</b> Diane 11:15-12:00	11:00 :15 :30 :45		11:00 :15 :30 :45	
12:00 :15 :30 :45		12:00 :15 :30 :45		12:00 :15 :30 :45		12:00 :15 :30 :45		12:00 :15 :30 :45		12:00 :15 :30 :45	
1:00 :15 :30 :45		1:00 :15 :30 :45		1:00 :15 :30 :45		1:00 :15 :30 :45		1:00 :15 :30 :45		1:00 :15 :30 :45	
2:00 :15 :30 :45		2:00 :15 :30 :45		2:00 :15 :30 :45		2:00 :15 :30 :45		2:00 :15 :30 :45		2:00 :15 :30 :45	
5:30 :45	<b>CYCLE &amp; SCULPT</b> Julie 5:30-6:15  <b>ZUMBA</b> Casey 6:30-7:15	5:30 :45	<b>ROCK &amp; ROW</b> Heidi 5:30-6:15	5:30 :45	<b>CYCLE &amp; SCULPT</b> Heidi/Lindsay 5:30-6:15	5:30 :45		5:30 :45		5:30 :45	
6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	<b>FUNCTIONAL FIT</b> Kim B. 5:45-6:30	6:00 :15 :30 :45		6:00 :15 :30 :45	
7:00 :15		7:00 :15		7:00 :15		7:00 :15		7:00 :15		7:00 :15	

## GroupEx HCM Wellness Center Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:00 :15 :30 :45	<b>H2O WORKOUT</b> Felicia 8:30-9:30	8:00 :15 :30 :45	<b>H2O WORKOUT</b> Diane 8:30-9:30  <b>ARTHRITIS THERAPY</b> Diane 9:30-10:30  <b>MASTER SWIM</b> Al 10:30-11:30	8:00 :15 :30 :45	<b>H2O WORKOUT</b> Diane 8:30-9:30  <b>AQUA CHI</b> Diane 9:45-10:30	8:00 :15 :30 :45	<b>H2O WORKOUT</b> Kim B. 8:30-9:30  <b>ARTHRITIS THERAPY</b> Diane 9:30-10:30  <b>MASTER SWIM</b> Al 10:30-11:30	8:00 :15 :30 :45	<b>H2O WORKOUT</b> Felicia 8:30-9:30
9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45	
10:00 :15 :30 :45		10:00 :15 :30 :45		10:00 :15 :30 :45		10:00 :15 :30 :45		10:00 :15 :30 :45	
11:00 :15 :30 :45		11:00 :15 :30 :45		11:00 :15 :30 :45		11:00 :15 :30 :45		11:00 :15 :30 :45	
<b>FITNESS POOL RESERVED M-F 4-5:30P FOR YOUTH PROGRAMMING</b>									
5:30 :45	<b>AQUA POWER</b> Kim B. 5:45-6:30	5:30 :45		5:30 :45	<b>AQUA POWER</b> Felicia 5:45-6:30	5:30 :45		5:30 :45	
6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	
7:00 :15		7:00 :15		7:00 :15		7:00 :15		7:00 :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!

### **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 / AQUA CHI**

Improve balance, coordination & mental wellness with circular, fluid movements at a slow tempo. This class is ideal for people with arthritis. AQUA CHI will be in the warm water pool.

### **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!

## **FUTURE RESERVATION SCHEDULE**

**Two Week Block**  
Nov 1 - Nov 30

**Reservations Open**  
Thursday, Oct 28 @ 7pm