

# OCTOBER 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	<b>BOOT CAMP</b> Kris 5:15-6:00	:30	<b>ROCK &amp; ROW</b> Lindsay 5:15-6:00	:30		:30	<b>ROCK &amp; ROW BOOT CAMP</b> Kris 5:15-6:00	:30	<b>HYBRID TRX</b> Lindsay 5:15-6:00	:30	
:45		:45		:45	<b>CYCLE &amp; SCULPT AM</b> Julie 5:45-6:30	:45		:45		:45	
6:00		6:00		6:00		6:00		6:00		6:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		: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	<b>AEROBIC STRENGTH</b> Kim B. 7:30-8:30	:30	<b>CORE &amp; MORE</b> Shannon 7:30-8:00	:30	<b>AEROBIC STRENGTH</b> Kim B. 7:30-8:30	:30		:30	<b>AEROBIC STRENGTH</b> Kim B. 7:30-8:30	:30	
:45		:45		:45		:45		:45		:45	
8:00		8:00	<b>TRANSITION</b>	8:00		8:00		8:00		8:00	
:15		:15		:15		:15		:15		:15	
:30	<b>TRANSITION</b>	:30	<b>POWER HOUR</b> Shannon 8:15-9:15	:30	<b>TRANSITION</b>	:30	<b>POWER HOUR</b> Shannon 8:15-9:15	:30		:30	<b>INDO ROW</b> Heidi/Julie 8:30-9:00
:45		:45		:45	<b>Hybrid TRX</b> Lindsay 8:45-9:35	:45		:45		:45	
9:00	<b>FITFUSION</b> Lindsay 8:45-9:35	9:00		9:00		9:00		9:00		9:00	<b>TRANSITION</b>
:15		:15	<b>TRANSITION</b>	:15		:15		:15		:15	<b>CYCLING FITNESS</b> Heidi/Julie 9:15-10:00
:30		:30	<b>FUNCTIONAL FLEXIBILITY</b> Shannon 9:30-10:00	:30		:30	<b>FUNCTIONAL FLEXIBILITY</b> Shannon 9:30-10:00	:30		:30	
:45		:45		:45	<b>TRANSITION</b>	:45		:45		:45	
10:00	<b>SHAPE UP</b> with Shannon 10:00-11:00	10:00		10:00	<b>SHAPE UP</b> with Shannon 10:00-11:00	10:00		10:00	<b>SHAPE UP</b> with Shannon 10:00-11:00	10:00	
:15		:15		:15		:15		:15		:15	
:30	<b>SIT TO BE FIT</b> Kim T. 10:15-11:15	:30	<b>VINYASA FLOW</b> Melinda 10:30-11:30 Ms Rhonda's Dance Studio	:30	<b>SIT TO BE FIT</b> Kim T. 10:15-11:15	:30	<b>VINYASA FLOW</b> Melinda 10:30-11:30 Ms Rhonda's Dance Studio	:30	<b>SIT TO BE FIT</b> Kim T. 10:15-11:15	:30	
:45		:45		:45		:45		:45		:45	
11:00		11:00		11:00		11:00		11:00		11:00	
:15		:15		:15		:15		:15		:15	
:30		:30	<b>TAI CHI</b> Diane 11:15-12:00	:30		:30	<b>TAI CHI</b> Diane 11:15-12:00	:30		:30	
:45		:45		:45	<b>PILATES</b> Kim T. 11:30-12:30 FBG Bible Church	:45		:45	<b>PILATES</b> Kim T. 11:30-12:30 FBG Bible Church	:45	
12:00		12:00		12:00		12:00		12:00		12:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
1:00		1:00		1:00		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	<b>VINYASA FLOW</b> Melinda 5:30-6:15	:30	<b>ROCK &amp; ROW</b> Heidi 5:30-6:15	:30	<b>CYCLE &amp; SCULPT</b> Heidi 5:30-6:15	:30		:30		:30	
:45		:45		:45		:45		:45		:45	
6:00		6:00		6:00		6:00		6:00		6:00	
:15		:15		:15	<b>TRANSITION</b>	:15		:15		:15	
:30		:30		:30		: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	<b>ZUMBA</b> Casey 6:30-7:15	:30		:30	<b>ZUMBA</b> Casey 6:30-7:15	: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	

**LOCATIONS**

\*FBG Bible Church  
107 E Austin Street  
FBG

Ms Rhonda's School of Dance  
202 E Creek Street  
FBG

## 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		:30		:30		:30		:30	
:45	<b>H2O WORKOUT</b> Felicia 8:30-9:30	:45	<b>H2O WORKOUT</b> Diane 8:30-9:30	:45	<b>H2O WORKOUT</b> Kim B. 8:30-9:30	:45	<b>H2O WORKOUT</b> Diane 8:30-9:30	:45	<b>CORE, BALANCE &amp; BARRE</b> Felicia 8:30-9:30
9:00		9:00		9:00		9:00		9:00	
:15		:15		:15		:15		:15	
:30		:30	<b>ARTHRITIS THERAPY</b> Diane 9:30-10:30	:30		:30	<b>ARTHRITIS THERAPY</b> Diane 9:30-10:30	:30	
:45		:45		:45		:45		:45	
10:00		10:00		10:00		10:00		10:00	
:15		:15		:15		:15		:15	
:30		:30	<b>MASTER SWIM</b> Shannon 10:30-11:30	:30		:30	<b>MASTER SWIM</b> Shannon 10:30-11:30	:30	
:45		:45		:45		:45		:45	
11:00		11:00		11:00		11:00		11:00	
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
<b>FITNESS POOL RESERVED M-F 4-5:30P FOR YOUTH PROGRAMMING</b>									
5:30		5:30		5:30		5:30		5:30	
:45		:45		:45		:45		:45	
6:00	<b>AQUA POWER</b> Kim B. 5:45-6:30	6:00		6:00	<b>AQUA POWER</b> Felicia 5:45-6:30	6:00		6:00	
:15		:15		:15		: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 FLEXIBILITY**

This mat class focuses on full range of motion and flexibility improvement through static and dynamic stretching. Blocks, straps, foam rollers and tennis balls will be used to assist in stretching, balance and self-myofascial release.

## **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.

## **CORE, BALANCE & BARRE**

Power up your water aerobics routine with this high intensity class. Increase your postural strength, alignment, flexibility and balance.

## **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.

## **FUNCTIONAL FLEXIBILITY**

This 30-minute mat class focuses on full range of motion and flexibility improvement through static and dynamic stretching. Blocks, straps, foam rollers and tennis balls will be used to assist in stretching, balance and self-myofascial release.

## **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.

## **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

## **VINYASA FLOW**

Vinyasa Flow yoga is a series of postures, one flowing seamlessly into the next, uniting body, mind, and breath. Designed as a moving meditation, every Vinyasa class is unique, creating the opportunity to become stronger, more flexible, and balanced, while practicing being present to the moment. Come just as you are and experience the magic this amazing practice has to offer.

## **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.

## **ZUMBA**

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