

SEPTEMBER 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 5:15-6:00 | :30 | ROCK & ROW Lindsay 5:15-6:00 | :30 | | :30 | ROCK & ROW BOOT CAMP Kris 5:15-6:00 | :30 | HYBRID TRX Lindsay 5:15-6:00 | :30 | |
| :45 | | :45 | | :45 | | :45 | | :45 | | :45 | |
| 6:00 | | 6:00 | | 6:00 | CYCLE & SCULPT AM Julie 5:45-6:30 | 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 | AEROBIC STRENGTH Kim B: 7:30-8:30 | :30 | CORE & MORE Shannon 7:30-8:00 | :30 | AEROBIC STRENGTH Kim B: 7:30-8:30 | :30 | | :30 | AEROBIC STRENGTH Kim B: 7:30-8:30 | :30 | |
| :45 | | :45 | | :45 | | :45 | | :45 | | :45 | |
| 8:00 | | 8:00 | | 8:00 | | 8:00 | | 8:00 | | 8:00 | |
| :15 | | :15 | | :15 | | :15 | | :15 | | :15 | |
| :30 | TRANSITION | :30 | POWER HOUR Shannon 8:15-9:15 | :30 | TRANSITION | :30 | POWER HOUR Shannon 8:15-9:15 | :30 | | :30 | INDO ROW Heidi/Julie 8:30-9:00 |
| :45 | | :45 | | :45 | | :45 | | :45 | | :45 | |
| 9:00 | FITFUSION Lindsay 8:45-9:35 | 9:00 | | 9:00 | Hybrid TRX Lindsay 8:45-9:35 | 9:00 | | 9:00 | | 9:00 | TRANSITION |
| :15 | | :15 | | :15 | | :15 | | :15 | | :15 | |
| :30 | | :30 | | :30 | | :30 | | :30 | | :30 | |
| :45 | | :45 | | :45 | | :45 | | :45 | | :45 | |
| 10:00 | SHAPE UP with Shannon 10:00-11:00 | 10:00 | | 10:00 | SHAPE UP with Shannon 10:00-11:00 | 10:00 | | 10:00 | SHAPE UP with Shannon 10:00-11:00 | 10:00 | |
| :15 | | :15 | | :15 | | :15 | | :15 | | :15 | |
| :30 | SIT TO BE FIT Kim T. 10:00-11:00 FBC* | :30 | | :30 | SIT TO BE FIT Kim T. 10:00-11:00 FBC* | :30 | | :30 | SIT TO BE FIT Kim T. 10:00-11:00 FBC* | :30 | |
| :45 | | :45 | | :45 | | :45 | | :45 | | :45 | |
| 11:00 | TRANSITION | 11:00 | VINYASA FLOW Melinda 10:30-11:30 Ms Rhonda's Dance Studio | 11:00 | TRANSITION | 11:00 | VINYASA FLOW Melinda 10:30-11:30 Ms Rhonda's Dance Studio | 11:00 | TRANSITION | 11:00 | |
| :15 | | :15 | | :15 | | :15 | | :15 | | :15 | |
| :30 | PILATES Kim T. 11:15-12:15 FBG Bible Church | :30 | TAI CHI Diane 11:15-12:00 | :30 | PILATES Kim T. 11:15-12:15 FBG Bible Church | :30 | TAI CHI Diane 11:15-12:00 | :30 | PILATES Kim T. 11:15-12:15 FBG Bible Church | :30 | |
| :45 | | :45 | | :45 | | :45 | | :45 | | :45 | |
| 12:00 | | 12:00 | | 12:00 | | 12:00 | | 12:00 | | 12:00 | |
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| 1:00 | | 1:00 | | 1:00 | | 1:00 | | 1:00 | | 1:00 | |
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| 2:00 | | 2:00 | | 2:00 | | 2:00 | | 2:00 | | 2:00 | |
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| 5:00 | | 5:00 | | 5:00 | | 5:00 | | 5:00 | | 5:00 | |
| :15 | | :15 | | :15 | | :15 | | :15 | | :15 | |
| :30 | VINYASA FLOW Melinda 5:30-6:15 | :30 | ROCK & ROW Heidi 5:30-6:15 | :30 | CYCLE & SCULPT 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 | |
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| :45 | | :45 | | :45 | | :45 | | :45 | | :45 | |
| 7:00 | ZUMBA Casey 6:30-7:15 | 7:00 | | 7:00 | ZUMBA Casey 6:30-7:15 | 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 | |
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| :45 | | :45 | | :45 | | :45 | | :45 | |
| 9:00 | H2O WORKOUT Felicia 8:30-9:30 | 9:00 | H2O WORKOUT Diane 8:30-9:30 | 9:00 | H2O WORKOUT Kim B: 8:30-9:30 | 9:00 | H2O WORKOUT Diane 8:30-9:30 | 9:00 | CORE, BALANCE & BARRE Felicia 8:30-9:30 |
| :15 | | :15 | | :15 | | :15 | | :15 | |
| :30 | | :30 | | :30 | | :30 | | :30 | |
| :45 | | :45 | | :45 | | :45 | | :45 | |
| 10:00 | | 10:00 | ARTHRITIS THERAPY Diane 9:30-10:30 | 10:00 | | 10:00 | ARTHRITIS THERAPY Diane 9:30-10:30 | 10:00 | |
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| :45 | | :45 | | :45 | | :45 | | :45 | |
| 11:00 | | 11:00 | MASTER SWIM Shannon 10:30-11:30 | 11:00 | | 11:00 | MASTER SWIM Shannon 10:30-11:30 | 11:00 | |
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| :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 | | :45 | | :45 | | :45 | | :45 | |
| 6:00 | AQUA POWER Kim B: 5:45-6:30 | 6:00 | | 6:00 | AQUA POWER Felicia 5:45-6:30 | 6:00 | | 6:00 | |
| :15 | | :15 | | :15 | | :15 | | :15 | |
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| 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!