

# GROUP FITNESS CLASS SCHEDULE

EFFECTIVE: March, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:45am Cycling Unlimited (Mike)	5:45am-6:45am BODYPUMP (Linda)	6:00am-6:45am Cycling Unlimited (Mike)	6:00am-7:00am Interval Fit (Tricia)	6:00am-6:45am Cycling Unlimited (Linda)	7:45am-8:45am Cycling Unlimited (Linda)	8:15am-9:00am Interval Spin (Rick)
8:25am-9:25am BODYPUMP (Kari)	8:30am-9:15am "Fit Over 50" (Kari)		8:30am-9:15am "Fit Over 50" (Kari) circuit rm		8:00am-9:00am Power Sculpt (Kathryn)	8:30am-9:30am BODYPUMP (Linda Z.)
	8:30am-9:00am Sculpt Express (Teri)	8:30am-9:30am Yoga (Sharon)	8:30am-9:00am Mat Pilates HU (Teri)	8:30am-9:00am HIIT (Teri)	8:00am-8:45am Boot Camp Fusion (Kim/Maureen) The Yard	9:15am-10:15am Cycling Unlimited (Justin)
9:30am -10:30am Cycling Unlimited (Kristina)	9:00am-9:30am Awesome Abs (Teri)	9:30am-10:15am Cycling Unlimited (Kari)	9:00am-9:30am Sculpt Express (Teri)	9:00am-9:30am Awesome Abs (Tricia)	9:00am-10:00am Cycling Unlimited (Justin)	9:30am - 10:30am Zumba (Katie)
9:30am-10:30am Bang Power (Amie)	9:30am-10:30am VidSpin (Kelly)	9:30am-10:30am BODYPUMP (Evie)	9:30am-10:30am Zumba (Heidy)	9:30am-10:30am Cardio Kickboxing (Tricia)	9:00am-10:00am Bang Power (Amie/Laura)	10:30am-11:30am Yoga Jae/Sharon
10:30am-11:00am Pilates Abs (Nicole)	9:30am-10:30am Piyo (Kari)	10:30am-11:30am 20/20/20 (Vicki)	9:30am-10:30am Cycling Unlimited (Heather L.)	9:30am-10:30am Cycling Unlimited (Maura/Kelly)	10:00am-10:45am Step Express (Justin)	
11:00am-11:30am Awesome Arms (Nicole)	9:30am-10:30am Interval Fit (Heather L)	11:30am-12:15pm Strong-n-Balanced (Vicki)	9:30am-10:30am Interval Fit (Kristina)	10:30am-11:30am BODYPUMP (Jen)	10:15am-11:00am Cycling Unlimited (Alicia)	
11:30am- 12:15 Strong-n-Balanced (Kristina)	10:30am-11:30am Bang Power (Laura)		10:30am-11:30am Mat Pilates HU (Nicole)	11:30am-12:00pm Strong-n-Balanced (Kelly)	10:45am-11:15am Butts & Guts (Justin)	
12:30pm-1:15pm Zumba Gold (Michelle)	11:30-12:30pm Freedom Barre (Michele)	12:15pm-1:00pm Sculpt Express (Kari)	11:30am - 12:15pm Chair Yoga (Jodi)	12:00pm-12:30pm Tai Chi (Kelly)	<b>KIDS' CLUB HOURS</b> <b>Morning Hours</b> Monday-Friday* 8:30am-2:00pm Weekends 9:00am-1:00pm <b>Evening Hours</b> Monday-Thursday 4:15pm -8:30pm Friday 4:15pm-7:30pm *Reservations Can Be Made 1 Week in Advance	
			12:15pm-1:15pm Zumba Gold (Lisa)			
4:25pm-5:25pm BODYPUMP (Teri)	4:30pm-5:15pm Mat Pilates HU (Vicki)	4:30pm-5:15pm Butts & Guts (Kathryn)	4:30-5:15pm Power Sculpt (Vicki)	4:30pm-5:30pm Boot Camp Fusion (Kristina)	<b>The Yard Hours</b> Monday - Friday 4:00pm-8:30pm* *Friday Parent Night! Weekends 9:00am-1:00pm The Yard is Open Monday - Friday 8:30am - 2:00pm for Summer Vacation	
5:30pm-6:30pm Zumba (Katie)	5:30pm-6:30pm BODYPUMP (Jae)	5:30pm-6:30pm Cardio Kickboxing (Tricia)	5:30pm - 6:30pm BODYPUMP (Jae)	5:30pm-6:30pm Zumba (Katie)		
5:45pm- 6:30pm Cycling Unlimited (Maurcio)	5:30pm - 6:00pm Kids' Circuit Class circuit room	5:45pm-6:30pm Cycling Unlimited (Maurcio)	5:30pm - 6:00pm Kids' Circuit Class circuit room	6:30pm-7:30pm BODYPUMP (Maureen)		
6:40pm-7:40pm BODYPUMP (Karen)	<b>5:45pm-6:30pm</b> Cycling Unlimited (Teri)	6:30pm-7:30pm 20-20-20 (Teri)	5:45pm-6:30pm Interval Spin (Rick)			
6:45pm-7:30pm Interval Spin (Rick)	6:45-7:30pm Yoga (Tacha)	6:45pm-7:45pm Cycling Unlimited (Maureen)	6:30pm-7:30pm Bang Power (Amie)	Sign Up for Cycling Classes <i>Starting Anytime the Day Before the Class</i> <b>Classes in BOLD print are NEW!</b> Must be 12 years or older to take any Group Fitness Class. Shaded Classes take place in Circuit Room. <b>Go Online For Our Current Schedules</b> <a href="http://www.myhealthunlimited.com">www.myhealthunlimited.com</a>		
7:45pm-8:45pm Yoga (Sharon/Jae)	7:30pm-8:15pm Bang Power (Dee Dee)	7:30pm-8:30pm Stretch & Flow (Jae )	7:30pm-8:30pm Gentle Yoga (Beth)			

Check Pool Schedule for Aqua Classes

301-829-9730 410-795-0793

# Class Descriptions

## **CYCLING - (Bike shorts are suggested)**

**Cycling Unlimited** - All Fitness Levels - High energy instructors will combine music and coaching to create an intense cardio workout all while burning calories.

**Interval Cycle:** Interval Training to reduce the aging process of muscles and increase cardio vascular fitness without the loss of muscle mass. All Levels

**VidSpin** - All Fitness Levels - Similar to Cycling Unlimited this is a high energy class with great music. The music is enhanced with videos that are projected on a 140 inch monitor.

## **LAND - Modifications are shown for all fitness levels .**

**20-20-20** - All Fitness Levels - 20 minutes leg strengthening followed by 20 minute arm workout and finishing with 20 minutes of core exercise.

**Awesome Abs** – All Fitness Levels - A 30-minute core training class to focus only on the abs and back area.

**Awesome Arms** – All Fitness Levels - A 30-minute class focusing on your most challenging area – biceps and & triceps.. **Awesome Legs 30 min**

**Bang Power** - Is an urban inspired mixed fitness group exercise class done with or without the option of 1/2 lb. weighted gloves. Bang is a fusion of boxing, aerobics intervals, hip hop, world dance and body weighted training. Great for all levels.

**BODYPUMP** - is a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups.

**Boot Camp Fusion** - Our Boot Camp workout exercises will create a fun and encouraging environment. Boot Camp fusion is a workout composed of various cardio drills, speed and agility training and strength training. Fun for everyone

**Butts & Guts** – Challenge your ABS and Butts in a whole new way. This class focuses on training the Abs and for trunk & postural stabilization followed by great glute workout

**Cardio Kickboxing** – Cardio Boxing and core training combined.

**Exercise 101** - This class is great for anyone who is looking to venture out from the Group Fitness Room and on to the fitness floor for the first time.

**Fit over 50** - A senior circuit fitness program that provides participants a group program designed to improve strength, flexibility and balance. Circuit Room

**HIIT** - Combines endurance, speed, and interval training through quick intense bursts of exercise followed by short and sometimes active recovery periods.

**Interval Fit** - Fun and exciting class using free weights and cardio training. Great for all levels.

**Kids' Circuit Class** – This class is exclusively for kids 10-15 years old and utilizes “The Circuit’s” strength training equipment.

**Power Sculpt** – Whole body strength & conditioning class, combining weights bars, dumb bells & floor work to challenge the entire body. Great for all levels.

**Sculpt Express** - 45 min weight training class utilizing multiple muscle groups to get a great workout in a shorter time.

**Step Express** - a 45 minute Step Class for all fitness levels involving challenging and fun choreography

**Strong-n-Balanced** - Ideal for those 50+, this class increases strength and flexibility and improves balance for an improved ability for everyday tasks-and-more!

**Tabata** - high intensity interval training. It consists of eight rounds of exercise for 20 seconds with 10 second recovery. All levels of fitness.

**Zumba** – A hi-lo impact dance class with Latin style. Salsa, Meringue and more while getting a great work out.

**Zumba Gold** - Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

## **MINDBODY CLASSES:**

**Chair Yoga** - is a gentle form of yoga that is practiced sitting on chair, or standing using a chair for support.

**Freedom Barre** - is a music-driven, ballet-inspired group exercise class. Choreographed to current hits, classic Motown, jazz, classical and original music

**Barre**-mix elements of Pilates, yoga, and functional training. Mini balls and small hand weights to sculpt, slim and stretch your entire body.

produced by in-house producer DJ FREEDOM, Freedom Barre strikes the perfect balance of ballet aesthetic and modern fitness techniques.

**Gentle Yoga** is a yoga style with a very gentle in its approach. This class is perfect for those who cannot meet the demands of physically straining exercises.

It is perfect for older participants and members who may have been practicing yoga, but do not have the flexibility for more advanced moves.

**Mat Pilates HU** - This class is a total Mind body workout, which focuses on precise concentrated movement using the mind to feel and focus on the body.

**Pilates Abs** - Sculpted to the Core. Basic mat moves to flatten and strengthen your back and abs.

**PiYo** - Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantage of yoga. All levels.

**Stretch & Flow:** This class is designed to strengthen, tone and lengthen your muscles while also increasing flexibility and mobility. If you're looking for a way to reduce stress consider this class to end your day. Cool down will consist of relaxing with Tai Chi exercise, a gentle way to reduce stress.

**Tai Chi**- is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements and accompanied deep breathing.

**Yoga** - a traditional yoga class based on an ancient form of movement that promotes balance, flexibility, strength, and relaxation through various postures and