

# GROUP FITNESS CLASS SCHEDULE

**EFFECTIVE: March 16th - 29th 2020**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:45am Cycling Unlimited (Mike)	5:45am-6:45am Power Sculpt (Kim)	5:45am-6:30am Strong by Zumba (Shelly)	6:00am-7:00am Interval Fit (Tricia)	5:45am-6:30am Cycling Unlimited (Shelly)	7:45am-8:45am Cycling Unlimited (Linda)	8:15am-9:00am Interval Spin (Rick)
<b>8:25am-9:20am</b> BODYPUMP (Kari)	8:30am-9:15am "Fit Over 50" (Kari) circuit rm	6:00am-6:45am Cycling Unlimited (Mike)	8:30am-9:15am "Fit Over 50" (Kari) circuit rm		<b>8:00am-8:45am</b> Power Sculpt (Kathryn)	8:30am-9:30am BODYPUMP (Linda Z.)
	<b>8:30am-9:15am</b> Sculpt Express (Teri)	<b>8:30am-9:15am</b> Yoga (Sharon)		<b>8:30am-9:15am</b> Tabata w/Abs (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)		9:30am-10:15am Cycling Unlimited (Kari)			9:00am-10:00am Cycling Unlimited (Justin)	<b>9:45am - 10:45am</b> Zumba (Katie)
<b>9:30am-10:15am</b> Bang Power (Amie)	9:30am-10:30am VidSpin (Kelly)	<b>9:30am-10:15am</b> Speed Pump (Michelle)	<b>9:15am-10:15am</b> Zumba (Heidy)	9:30am-10:30am Cardio Kickboxing (Tricia)	<b>9:00am-9:45am</b> Bang Power (Amie/Laura)	<b>11:00am-11:45am</b> Yoga Jae/Sammy
	<b>9:30am-10:15am</b> Piyo (Kari)	<b>10:30am-11:15am</b> 20/20/20 (Vicki)	9:30am-10:30am Cycling Unlimited (Heather L.)	9:30am-10:30am Cycling Unlimited (Kelly/Maura)	10:00am-10:45am Step Express (Justin)	
<b>10:30am-11:15am</b> Awesome Arms/Abs (Nicole)	9:30am-10:30am Interval Fit (Heather L) GYM	11:30am-12:15pm Strong-n-Balanced (Vicki)	9:30am-10:30am Interval Fit (Kristina) GYM	<b>10:45am-11:30am</b> BODYPUMP (Aimee)	10:15am-11:00am Cycling Unlimited (Alicia)	
11:30am- 12:15 Strong-n-Balanced (Kristina)	<b>10:30am-11:15am</b> Bang Power (Laura)		<b>10:30am-11:15am</b> Mat Pilates HU (Nicole)	<b>11:45am- 12:30</b> Strong-n-Balanced (Kelly)	10:45am-11:15am Butts & Guts (Justin)	
12:30pm-1:15pm Zumba Gold (Michelle)	11:30-12:30pm Barre (Maureen)	<b>12:30pm-1:15pm</b> Sculpt Express (Kari)	11:30am - 12:15pm Zumba Gold (Michelle)			
					<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-7:45pm ***Reservations Can Be Made 1 Week in Advance	
4:25pm-5:25pm BODYPUMP (Teri)	4:30pm-5:15pm Mat Pilates HU (Vicki)	4:30pm-5:15pm Butts & Guts (Teri)	4:30-5:15pm Power Sculpt (Vicki)	<b>4:30pm-5:15pm</b> Boot Camp Fusion (Kristina)		
<b>5:40pm-6:30pm</b> Zumba (Katie)	5:30pm-6:30pm BODYPUMP (Jae)	5:30pm-6:30pm Stong by Zumba (Maureen)	5:30pm - 6:30pm BODYPUMP (Jae)	<b>5:30pm-6:15pm</b> Zumba (Katie)		
5:45pm- 6:30pm Cycling Unlimited (Maurcio)	5:30pm - 6:00pm Kids' Circuit Class circuit room	5:30pm-6:15am Cycling Unlimited (MO)	5:30pm - 6:00pm Kids' Circuit Class circuit room	6:30pm-7:30pm BODYPUMP (Maureen)	<b>The Yard Hours</b>	
<b>6:40pm-7:30pm</b> BODYPUMP (Karen)	5:45pm-6:30pm Cycling Unlimited (Teri)	6:30am-7:15am Cycling Unlimited (Kathryn)	5:45pm-6:30pm Interval Spin (Rick)		Monday-Thursday 4:15pm-8:30pm Friday 4:15pm-7:45pm <b>Don't Forget Friday is Parent Night!</b> Weekends 9:00am-1:00pm The Yard is Open Monday - Friday 8:30am - 2:00pm for Summer Vacation	
6:45pm-7:30pm Interval Spin (Rick)	6:45-7:30pm Barre (Dee Dee)	6:45pm-7:30pm Tabata (Kim)	<b>6:45pm-7:30pm</b> Bang Power (Amie)			
7:45pm-8:45pm Yoga (Dee Dee/Jae)	<b>7:45pm-8:30pm</b> Strong by Zumba (Maureen)	<b>7:45pm-8:30pm</b> Stretch & Flow (Jae )	<b>7:45pm-8:30pm</b> Gentle Yoga (Beth)			

Check Pool Schedule for Aqua Classes

Sign Up for Cycling Classes  
 Starting Anytime the Day Before the Class  
**Classes in BOLD print are NEW!**  
 Must be 12 years or older to take any Group Fitness Class.  
**Go Online For Our Current Schedules**  
[www.myhealthunlimited.com](http://www.myhealthunlimited.com) 301-829-9730

# 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 Spin:** 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 & butt in a whole new way. This class focuses on training the Abs and for trunk & postural stabilization followed by glute work. 15 min abs training at the end of each class.. All levels.

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

**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.

**Speed Pump** - High-Tempo full body strength and conditioning workout using free-weights and Body Bars.

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

**Strong By Zumba** - combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. High intensity class!

**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**-is a high intensity, interval training that consists of eight sets of fast paced exercises each performed for 20 second rounds.

**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.

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

**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.

**Pilates and Props** - A version of our popular Mat Pilates class with an added variety of rings, balls and weights

**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