

# FITNESS FIRST GROUP FITNESS SCHEDULE

## EFFECTIVE 5/1/18

### GROUP FITNESS STUDIO

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Punch Pass Class 8-9a Jazzercise	6-7a Strength Janis	7-8a Strength and Cond. Harriet	6-7a Strength Janis	7-8a Just Stretch Harriett	5:45-6:45a Boot Camp Janis	Punch Pass Class 7:10-8:10 Jazzercise
Punch Pass Class 9-10a Jazzercise	7:05-8:05a TBS Janis	8:30-9:30a Zumba Gold Lana	7:05-8:05a TBS Janis	8:30-9:30a Zumba Gold Lana	7-8a Strength and Cond. Harriet	Punch Pass Class 8:15-9a Jazzercise
10:30-11:30a Zumba Sabrina	8:30-9:30a Low Impact Cardio KC	Punch Pass Class 9:45-10:45a Jazzercise	Punch Pass Class 9:45-10:45a Jazzercise	Punch Pass Class 9:45-10:45a Jazzercise	8:30-9:30a CSI Leslye	Punch Pass Class 9:20-10:20a Jazzercise
11:30a-12:30p Bodypump Charlotte	Punch Pass Class 9:45-10:45a Jazzercise	10:55-11:55a Pilates Pnina	11a-12p Forever Strong Debbie	11-11:55a Pilates Pnina	Punch Pass Class 9:45-10:45a Jazzercise	10:30-11:30a TBS KC
	11a-12p Forever Strong Debbie	4:30-5:15p TBS	5-6p Bodypump Charlotte	4:30-5:15p Body Blast Charlotte	11a-12p Forever Strong Debbie	11:30a-12:30p Zumba Kristina
	4:30-5:30p Zumba Suzy	Punch Pass Class 5:30-6:30p Jazzercise	Punch Pass Class 6:45-7:45p Jazzercise	Punch Pass Class 5:30-6:30p Jazzercise	5-6p Bodypump Sheldon	
	5:30-6:30p RIPPED Charlotte	7:15-8:15 Zumba Sabrina				
	Punch Pass Class 6:45-7:45p Jazzercise					

### Spin Studio

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:45-8:45a Interval Spin Jack	10-11a Easy Spin June	7-8a Spin Rene	5:45-6:45a Spin for Strength Charlotte	7-8a Spin Rene	5:45-6:45a Interval Spin Renee	8:30-9:30a Interval Spin Charlotte
9-10a Spin Tyrone	5:30-6:30p Interval Spin Marie	5:30-6:30p Spin Kathy	10-11a Easy Spin June	11:30-12:30p Spin Pilates Kathy	10-11a Easy Spin June	
		7-8p Spin Jodi	5:30-6:30p Interval Spin Marie	5:30-6:30p Interval Spin Regina		
				7-8p Spin Jodi		

### MULTI PURPOSE ROOM

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:50-8:50 Relax/Revitalize Lisa	8-8:50a Core-n-More Leslye	Punch Pass Class 6-7a WERQ	8-8:50a Zumba Leslye	Punch Pass Class 6-7a WERQ	7:50-8:50a Silver Sneakers Katrina	8-9a TBS Katrina
	3-4p QiGong Lisa	9-10a Silver Sneakers Pnina	12-1p Yo Body/Yo Mind Harriet	7:55-8:55a Beg. Pilates Katrina	10:15-11:30a Yoga 1&2 Mira	10:45-12:00 Yoga Level 1&2 Mira
	Punch Pass Class 5-6p WERQ	Punch Pass Class Active Motion Training 11a-12p	5:30-6:30p Zumba Leslye	9:15-10:30a Gentle Yoga Mira	2:30-3:30p QiGong Lisa	
	8-8:50a Core-n-More Leslye	Punch Pass Class 5:15-6p Barre Above		10:45-11:45a Silver Sneakers Harriet	6-7p Zumba Sabrina	
		6-7p Turbo Kick Tyrone (3 <sup>rd</sup> Tues Gym)		Punch Pass Class 12:30-1:30p WERQ		
		7-8p TBS Tyrone (3 <sup>rd</sup> Tues Fit Studio)		Punch Pass Class 5:45-6:45p Barre Above		
				7-8p Zumba Jennifer		
				7:55-8:55a Beg. Pilates Katrina		

### Fit Studio

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
9-10a Core Katrina		9:30-10:30a Strength KC	8:15-9:15a Core Mike		8-9a Low Impact KC	12-1p Turbo Kick Tyrone
					8:15-9:15a Core Mike (Fit Center)	

## Group Exercise and Spin Class Descriptions

### **Strength**

**Body Blast:** Use free weights, bands, body bars, balls and medicine balls as well as body weight exercises.

**Bodypump:** Use THE REP EFFECT™ to give you sculpted shoulders, defined biceps and triceps, strong lean legs, firm glutes and a tight core. Build strength without building bulk.

**Core/Core –n-More:** Strength and stability are the focus of this class. You will use a variety of movements to make your entire core including the posterior chain rock solid.

**Forever Strong:** Low impact strength training. We keep one foot on the ground at all times to reduce joint impact.

**Total Body Strength (TBS):** Increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked including the core and posterior chain.

**RIPPED** Resistance, Intervals, Power, Plyometrics, and Endurance, help you attain and maintain your physique in ways that are safe, doable and effective.

**Boot Camp** Bodyweight exercises will help increase strength and endurance and then we add dumbbells, medicine balls, and resistance bands and take it to the next level.

**CSI (Cardio Strength Interval)** Short intervals alternating cardiovascular and strength training create the ultimate total body fitness experience!

**Strength and Conditioning:** This class is designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked.

**Strength:** is a weight training class that uses a variety of equipment to help tone and strengthen each major muscle group. A great class for beginners and hard-core exercise enthusiasts.

**ActivMotion Training** utilizes the ActivMotion Bar's internal rolling steel weights to provide an unparalleled fitness experience that facilitates greater core and joint stability and muscle activation.

### **Cardio**

**Cardio Interval:** This energetic class challenges you with a variety of low impact aerobics, step, kickboxing, and strength training.

**Low Impact Cardio:** A gentler, lower impact version of our regular cardio interval class. This class is great for seniors and those that like a slower paced class.

**Spin:** An indoor cycling class. *Interval* will rotate between slower speeds and faster speed *Easy Spin* is for beginners or seniors. *Strength* focuses on lower body work and high resistance. *Endurance* focuses on lower resistance and more consistent pace.

**Turbo-Kick:** The unique turbo kick movement patterns, combinations and technique work together to give the ultimate cardiovascular workout.

**ZUMBA:** Latin-inspired dance fitness class that incorporates Latin and International music.

**Zumba Gold** is a lower impact gentler version of regular Zumba.

**WERQ®** is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

### **Mind Body**

**Just Stretch:** This is a gentle class that works all muscle groups in slow stretches and breathing exercises

**Pilates:** Pilates will strengthen the core and back muscles. Posture, balance, and coordination will also be enhanced through this practice. Done mostly on a mat on the floor.

**Relax and Revitalize:** this class will leave you feeling great; body and mind. Gentle stretches, massage and breathing exercises are incorporated.

**Qigong:** Gentle ancient movements rooted in Asian culture designed to improve range of motion, flexibility and blood flow.

**Yo-Body, Yo-Mind:** A mild stretch and yoga class designed to calm the body and mind.

**Yoga:** Traditional postures, as well as breathing exercises will leave you feeling centered, flexible, and strong. *Level 1-2* classes focus on basic to intermediate postures and breathing exercises.

*Gentle* yoga is a slower pace with basic and modified postures for those that need it. *Level 2 Cont.* yoga will challenge you to try new postures and improve your yoga practice.

**SilverSneakers:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

**Barre Above®** Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that will sculpt your body and get you into absolutely amazing shape.