

# EFFECTIVE MARCH 2020

- Members & Guests Ages 16 years and older are welcome to participate in classes on this schedule.
- Members and Guests Ages 15 years must be approved for gym floor. 14 and younger have their own schedule and are not permitted to participate in classes on this schedule. (unless noted)
- Classes and instructors are subject to change without notice.
- Classes are evaluated based on attendance. If a class has poor attendance, it can be changed and/or may be subject to cancellation.
- Cell phones are not permitted in any GroupX classes. Personal belongings need to be left in the locker room, not brought to class.
- You must be in the facility in order to check in for any GroupX class. Spin bikes may not be reserved for members that are not in the facility.

### Club Hours

Monday-Thursday  
Friday  
Saturday/Sunday

4:30am-11:00pm  
4:30am-10:00pm  
6:00am-6:00pm / 6:00am-4:00pm

### ChildCare Hours

Mon-Thurs  
Friday  
Saturday/Sunday

8:30am-12:30pm & 4:00pm-7:30pm  
8:30am-12:30pm  
8:00am-12:15pm

### Youth Fit Zone Hours

Monday-Friday  
Saturday  
Sunday

4:00pm – 7:30pm  
9:00am – 12:00pm  
Closed

## AMRAP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	5:00am	5:00am	5:00am	5:00am		
6:00am	6am- STRENGTH w/ Michael	6:00am- w/ Michael	6am- STRENGTH	6:00am		
7:00am	7:00am	7:00am	7:00am	7:00am		
					8:00am- MOBILITY	8:00am
9:00am	9:00am- GO FIT HIIT	9:00am	9:00am- GO FIT HIIT	9:00am	9:00am	
4:30pm - STRENGTH	4:30pm - STRENGTH		4:30pm - STRENGTH	4:30pm-STRENGTH		
	5:30pm - KIDS!			5:30pm - KIDS!		

AMRAP Crossfit Kids- 7-11 yrs : Tuesdays & Fridays at 5:30pm | GO FIT – Circuit Style HIIT Training designed to get your metabolism fired up.



## SPECIALTY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30am- 6:30am TRX- Ed	6:00am- 7:00am TRX- Ed			
						10:00am -11:00am KettleBell- Kristen M
		6:00pm - 7:00pm KettleBell- Ed W.				



## YOUTH FIT ZONE SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
4PM	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP	9AM RISE & SHINE	CLOSED
4:30PM	UPPER BODY PUSH/PULL	TRAMPOLINE (USZ)	BUBBLE BALL (SPORTS ZONE) 4:30-5:30	SPIN (SPIN ROOM)	TONE IT UP	10AM FITNESS GAMES	CLOSED
5:00PM	ANIMAL ACT (TRACK TURF)	FIT GAMES		FIT GAMES	FIELD DAY GAMES (USZ)	11AM WORKOUT OF THE DAY	CLOSED
5:30PM							
6:00PM	CIRCUIT (TRACK TURF) 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	12PM CLOSED	CLOSED
6:30PM							
7:00PM	FIT GAMES 6:45-7:30	CORE & MORE 6:45-7:30	FIT GAMES 6:45-7:30	FLEX & MOBILITY 6:45-7:30	FIT GAMES 6:45-7:30	1PM CLOSED	CLOSED
7:30PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

# GROUPX CLASS DESCRIPTIONS

## Strength, Sculpt & Cardio

<b>Circuit Breaker</b>	Athletic style mixed strength and cardio class taught circuit style.
<b>FIT!</b>	Get in the best possible shape using both circuits and group exercise formats. Shake and restart your metabolism, build strength and stamina with heavy resistance, intense abs and fat burning cardio to transform your body!
<b>3 Rows of Fun!</b>	High energy class that maximizes your workout using trampolines, steps and weights for a complete and fun total body workout.
<b>AbsBlaster</b>	Abs gone wild! Find your waist, shape your middle and strengthen your abs and back.
<b>AMP*D</b>	This challenging and effective total body workout transforms your body by using all muscles. Heart pumping cardio workout.
<b>BarreWorkout/Barre45</b>	A fun and revolutionary workout that quickly & safely reshapes your body using isometrics, light weights & the principles of ballet, Pilates & yoga. Barre45 – 45 minute class
<b>Body Sculpt</b>	Tones, sculpts and strengthens the entire body targeting all major muscle groups. Fun & effective for all fitness levels.
<b>BodyPump™</b>	Original barbell class! This workout challenges your major muscle groups by using the best weight-room exercises; squats, presses, lifts & curls.
<b>Boot Camp</b>	Interval training that incorporates weights and military style maximum benefits from this ultimate calorie-burning workout!
<b>Bosu Barre &amp; Balls</b>	Challenge every part of your body with this metabolic workout using weighted bars! Emphasis on strength training using the Bosu and a mix of light and heavy weights top target small muscle groups- booty and thighs included. All levels welcome!
<b>Butts and Guts</b>	Blast the fat and tone your muscles! A challenging 30 minutes to strengthen, tone and define your abs and butt.
<b>Core45</b>	This 45 or 30 minute workout focuses on strengthening the core & abdominals while stretching & toning the major muscle groups of your body.
<b>Definitions</b>	Reshape your physique, sculpt & define your body with this fat burning strength/cardio class.
<b>Body Blast</b>	A muscular strengthening and cardio endurance workout for the upper and lower body. Variety of exercises and variety of equipment used is guaranteed to get you stronger and leaner while improving your fitness.
<b>Power Strength</b>	Power Strength challenges all major muscle groups combining the best weight room exercises like Squats, Lifts and Curls.
<b>PUMPED!</b>	Maximize your strength training using traditional training exercises and a variety of weights. Challenge every muscle group
<b>Step &amp; Sculpt</b>	Burn your calories with this high energy class. A great way to combine cardio and strength into your workout using the step and free weights. .
<b>Total Vision</b>	Our signature "all-in-one" class combines aerobic training and sculpting using a variety of equipment such as Steps, Bosus, balls, weights, tubes and more. A great calorie burner for folks with a lot to do, but only a little time.
<b>Young at Heart</b>	Keep your heart healthy with this low impact class that will improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow workout that meets the needs of virtually any of our YAH members!

## Cardio

<b>BOX!</b>	It's time to develop Strength and Stamina of a fighter! You will have the ability to Punch and Kick free a free standing heavy bag. All fitness levels welcome. Wavemaster bags used in class. Gloves Required.
<b>Cardio Box!</b>	Tighten tone and sweat during an intense and fun hour cardio mixed with boxing!
<b>Heavy Bags</b>	Push yourself to the limit during this full body workout! Develop your boxing skills, strength and stamina during this high energy and high intensity class. Boxing Gloves/Wraps required

## Dance

<b>Hip Hop Funk</b>	Have fun & move! Nonstop action, your feet are never still. You'll earn dance routines that work your entire body with constant movement.
<b>Dance Fusion</b>	We've fused Hip Hop and international dance for a lively, fast paced, heart pumping hour of fun!
<b>Zumba®</b>	A fusion of international music-dance themes that create a dynamic, exciting and effective fitness system. Aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## Group Cycling – Spin

*To be properly situated on the SPIN bikes, it is recommended that all participants arrive 10 minutes before the beginning of each class.*

<b>Cycle/HIIT Cycle</b>	A 45 minute indoor bike ride that simulates an outdoor bike experience
<b>RIDE!/ HIIT RIDE!</b>	60 minute workout to challenge for your endurance.( High Intensity Interval Training classes noted)
<b>Video RIDE!/Cycle</b>	Enjoy your ride set to <i>music</i> videos on our movie screen. In 45 minute and hour formats! ( <i>HIIT classes noted</i> )
<b>HIIT Video Cycle</b>	Short and intense intervals set to music videos boosting your aerobic and anaerobic fitness. Burn off the fat while maintaining lean muscle.
<b>Sprint Cycle</b>	A 45-min low impact, high intensity (HIIT) workout designed to push your limits and optimize your results!

## Yoga and Pilates

<b>Meditation/Stretch</b>	Yoga Meditation is the art and science of systematically observing, accepting, understanding, and training each of the levels of our being. Improve the muscle's and reaffirm comfortable muscle tone while stretching your entire body.
<b>Serenity Yoga</b>	Learn the hatha series of asanas (poses) combined with breathing to affect your entire state of being. Improve flexibility, mental focus and reduce stress in our beautiful Serenity Studio. <b>Sunrise Yoga</b> – Early morning Serenity Yoga to start your day right!
<b>Hot Detox Yoga</b>	Expect to sweat, energize, detoxify, and renew in this empowering and transforming yoga class with the room reaching over 100 degrees. All levels and every "body" is welcome. The practice will enhance your current training and fitness program.
<b>Pilates/Pilates Fusion</b>	Ultimate mind-body exercise focusing on your core (abs, hips, buttocks, lower back) Strengthens, tones, & stretches ALL of your muscles. Improve posture, flexibility, balance and reduce stress!
<b>Power Yoga</b>	A vigorous vinyasa style class meant to physically and mentally challenge you. This class will increase strength, endurance and ability to focus on any task for a long period of time without breaking your concentration.
<b>Yoga 101</b>	Gentle yoga class suitable for all levels. Learn the classic yoga poses in combination with breath work.