

GROUP FITNESS CLASS SCHEDULE

EFFECTIVE MARCH 3, 2023



MONDAY

- C 5:45 - 6:45am
Cycle
- A 6:00 - 7:00am
HIGH Fitness
- A 7:15 - 8:00am
Muscle Up X-Upper
Body
- A 8:20 - 9:20am
Pilates Power Hour
- D 8:20 - 9:20am
Zumba Toning
- G 9:00 - 10:00am
Total Body Condition
- C 9:00 - 10:00am
Cycle
- A 9:30 - 10:30am
Yoga Sculpt
- D 9:30 - 10:30am
Barre
- A 10:40 - 11:40am
Harmony Within
- D 10:45 - 11:30am
Senior Fitness
Cardio + Strength
- A 5:20 - 6:20pm
Muscle Up
- A 6:30 - 7:30pm
Barre
- A 7:40 - 8:40pm
HIGH Fitness

TUESDAY

- A 5:15 - 6:15am
Muscle Up
- G 6:15 - 7:00am
HIIT Express
- A 8:20 - 9:20am
Muscle Up
- D 8:20 - 9:20am
Yoga
- G 9:00 - 10:00am
TRX
- A 9:30 - 10:00am
HIGH Fitness
- D 9:45 - 10:30am
Silver Sneakers Classic
- D 10:45 - 11:30am
Silver Sneakers Cardio
- A 5:20 - 6:20pm
WERQ
- X 6:00 - 7:00pm
TRX
- A 6:30 - 7:30pm
POP Pilates
- A 7:40 - 8:40pm
Power Down Yoga

WEDNESDAY

- C 5:45 - 6:45am
Cycle
- A 6:00 - 7:00am
HIGH Fitness
- A 7:15 - 8:00am
Muscle Up X- Lower
Body
- A 8:20 - 9:20am
Pilates Power Hour
- D 8:20 - 9:20am
Zumba
- G 9:00 - 10:00am
Total Body Condition
- C 9:00 - 10:00am
Cycle
- A 9:30 - 10:30am
Yoga Sculpt
- D 9:30 - 10:30am
Barre
- A 10:40 - 11:40am
Qigong
- D 10:45 - 11:30am
Senior Fitness
Cardio + Mobility
- A 5:20 - 6:20pm
Muscle Up
- D 6:30 - 7:30pm
Barre
- A 6:30 - 7:30pm
Harmony Within
- D 7:40 - 8:40pm
Zumba
- A 7:40 - 8:40pm
POP Pilates

THURSDAY

- A 5:15 - 6:15am
Muscle Up
- G 6:15 - 7:00am
HIIT Express
- A 8:20 - 9:20am
Muscle Up
- D 8:20 - 9:20am
Yoga
- G 9:00 - 10:00AM
TRX
- A 9:30 - 10:30am
HIGH Fitness
- D 9:45 - 10:30am
Silver Sneakers Classic
- D 10:45 - 11:30am
Silver Sneakers Cardio
- A 5:20 - 6:20pm
POP Pilates
- A 6:30 - 7:30pm
WERQ
- A 7:40 - 8:40pm
Power Down Yoga

FRIDAY

- A 6:00 - 7:00am
Sunrise Power Yoga
- G 6:00 - 7:00am
TRX
- A 7:15 - 8:00am
Muscle Up X - Core
- A 8:20 - 9:20am
Stretch & Mobility
- D 8:20 - 9:20am
Barre
- G 9:00 - 10:00
Total Body Condition
- C 9:00 - 10:00am
Cycle
- A 9:30 - 10:30am
Pilates on the Ball
- D 9:30 - 10:30am
Zumba Toning
- A 10:40 - 11:40am
Step Kick Abs
- D 10:45 - 11:30am
Zumba Gold
- A 11:45 - 12:30pm
HIGH Fitness Xpress

SATURDAY

- D 7:00 - 8:00am
HIGH Fitness
- C 7:00 - 8:00am
Cycle
- A 8:00 - 9:15am
Muscle Up
- D 8:30 - 9:30am
Yoga
- A 9:30 - 10:30am
Zumba
- A 10:45 - 11:45am
Yoga

SUNDAY

- A 1:30 - 2:30pm
Power Yoga
- A 2:40 - 3:40pm
Restorative Yoga

- A AEROBICS ROOM
- C CYCLE
- D DANCE ROOM
- G GYM
- X CROSS FITNESS

BARRE: This workout blends elements from different exercise styles including ballet, Pilates, and yoga. Barre will build alignment, strengthen your core, and tone and elongate muscles.

CYCLE: A blood pumping workout for all abilities. Each cycle instructor creates their class with varying types of rides, terrain, and formats to constantly challenge your body and mind.

DANCE FITNESS: Get your heart rate up while dancing! You'll experience an aerobic workout while dancing to many different styles of dance and music, all taught in an easy-to-learn format.

HARMONY WITHIN: A class designed to induce relaxation through guided meditation, sound bath, stretching, and other relaxation techniques.

HIGH FITNESS: This class combines HIIT and plyometrics with music you know and love. Follow along to simple cardio & full body toning moves that can be modified for any fitness level.

HIGH FIT XPRESS: All the music and moves you live in a regular HIGH Fitness class, but in a condensed version! A 45-minute, easy to follow choreographed workout that'll get your heart pumping and muscles burning. As always, the workout will include moves that can be modified for any fitness level.

HIIT: This 45-minute high intensity interval class packs a powerful punch in a shorter time-frame. Dynamic bursts of intense exercise are interspersed with periods of recovery.

MUSCLE UP: Participants use dumbbells and other equipment to strengthen muscles and increase weight endurance in a fun group fitness setting.

MUSCLE UP - CORE: 45-minutes of core focused strength work.

MUSCLE UP - EXPRESS: Intended for those looking to get in and out of the gym a little faster, muscle up express offers the same weight training and toning experience as our standard muscle up class, but in a condensed form. Dumbbells, bands, balls, and other weight training equipment will be used to help increase muscle strength and endurance.

PILATES / PILATES POWER HOUR / PILATES ON THE BALL: Pilates exercises are performed using different equipment such as yoga balls, resistance bands, rings, and hand weights. **Pilates on the ball uses the yoga ball for added balance/core work and low impact cardio.

POP PILATES: Experience a mix of modern and classical Pilates exercises set to a heart-pumping playlist. Strength meets flexibility with focused movements that leave your entire body toned.

POWER: This class will develop your strength, endurance, power, speed, stamina, coordination, agility, balance, and mobility through dynamic cardio and strength workouts. A wide range of exercise techniques and programming will be utilized.

POWER DOWN YOGA: Recommended for all abilities, power down yoga includes a slow flow of poses intended to gradually bring you to a state of relaxation and prepare you for sleep.

QIGONG: Pronounced "chee-gung", a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. **SENIOR FITNESS:** This low impact class combines cardiovascular training with other exercise modalities in a safe environment for senior adults.

RESTORATIVE YOGA: Restorative Yoga enables deep relaxation as you holding poses for longer periods of time with the help of props.

SILVER SNEAKERS CARDIO FIT: Bring heart-healthy aerobics to your workout using low-impact movements. This class focuses on building upper-body and core strength with added cardio endurance.

SILVER SNEAKERS CLASSIC: Focus on strengthening muscles and increasing range of movement. Equipment including hand-held weights, resistance bands, and Silver Sneakers ball will be used. Chairs are available for additional support.

STEP KICK ABS: Fun routines on a step platform alternate with cardio kick-boxing combos. This is a full body workout with amazing cardio intervals and extra ab work at the end of class.

STRETCH & MOBILITY: Avoid injury with increased mobility and proper alignment. This class uses both dynamic movements to stretch and lengthen muscles as well as static poses and holds to increase mobility and range of motion.

SUNRISE POWER YOGA /POWER YOGA : Rooted in building strength and endurance, power yoga is intended to energize your mind, body, and spirit for the day ahead. Focus during practice will be on breathing, smooth and controlled movements, and a gradual increase in intensity as the class progresses. This class is recommended for all abilities.

TOTAL BODY CONDITIONING: This class uses a variety of equipment and programming techniques to strengthen muscles and improve cardio performance for a total body workout.

TRX: TRX which stands for Total Body Resistance Exercise, is a workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. You'll find a variety of different class structures when attending, which may follow a straightforward muscle strength/endurance format, or could include types of plyometric, cardiorespiratory, balance, and coordination training. When it comes to developing dynamic fitness, variety is question, and TRX is the answer

WERQ: A wildly addictive cardio dance workout based on pop and hip hop music. Join our judgment-free dance space with good vibes and a great sweat.

YOGA: Practice postures designed to align, strengthen, and promote flexibility. Each class has it's own style and flow, try them all!

YOGA SCULPT: Take your yoga practice to the next level with postures that incorporate hand weights and bursts of cardio movement.

ZUMBA / ZUMBA TONING / ZUMBA GOLD: Latin, pop and world rhythms create a fun "dance club" atmosphere.**Toning class incorporates light shaker weights to enhance rhythm and tone arms, abs, glutes, and thighs. **Gold is ideal for beginners and active adults with a slower pace and lower intensity that is easy to follow!

CLASS RATES:	PER CLASS		10 PASS		20 PASS	
	ULTIMATE MEMBER	NO CHARGE	PREMIUM OR BASIC	NON-MEMBER	NON-MEMBER SENIOR	NON-MEMBER YOUTH (14-17)
PREMIUM OR BASIC SENIOR	\$6.00	\$0.00	\$48.00	\$63.00	\$80.00	\$108.00
NON-MEMBER SENIOR	\$5.00	\$0.00	\$40.00	\$54.00	\$80.00	\$108.00
PREMIUM/BASIC YOUTH (14-17)	\$7.00	\$0.00	\$63.00	\$40.00	\$40.00	\$80.00
NON-MEMBER YOUTH (14-17)	\$6.00	\$0.00	\$54.00	\$54.00	\$54.00	\$108.00

- Class sizes are limited. Preregistration is strongly encouraged @chrgroupfitness.as.me or download the ACUTY app for your phone and search for chrgroupfitness.as.me
- Wristbands are required to attend classes and can be obtained at the administrative desks
- Classes are for individuals 14 years and older
- Questions? Email bonnie@cottonwoodheights.com

