

GROUP FITNESS SCHEDULE

EFFECTIVE APRIL 1, 2021

- **Class sizes are limited & may change at any time. Preregistration online at chrcgroupfitness.as.me**
- **Classes are 50 minutes to accommodate additional sanitation measures**
- **Wristbands are required to participate in all group fitness classes & must be obtained from registration desk prior to class start time**
- **Classes are for individuals 14 years and older**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am Cycle Cycle Room	5:15 am Muscle Up Aerobics Room	5:45 am Cycle Cycle Room	5:15 am Muscle Up Aerobics Room	6:00 am Bootcamp Gym	7:00 am Muscle Up Aerobics Room
6:00 am High Fitness Aerobics Room	5:45 am Mat Pilates Dance Room	6:00 am High Fitness Aerobics Room	6:30 am HIIT Gym	8:30 am Step/Kick/Abs Aerobics Room	7:00 am High Fitness Dance Room
8:30 am Zumba Aerobic Room	6:15 am HIIT - Express Gym	8:30 am Zumba Aerobics Room	8:30 am Muscle Up Aerobics Room	8:30 am Raise the Barre Dance Room	7:00 am Cycle Cycle Room
8:30 am Cardio Barre Dance Room	8:30 am Muscle Up Aerobics Room	8:30 am Circuit Gym	8:30 am Yoga Dance Room	8:30 am Stretching & Mobility Gym	8:15 am Muscle Up Aerobics Room
9:00 am TRX Crossfitness	8:30 am Yoga Dance Room	9:00 am Cycle Cycle Room	9:00 am TRX Crossfitness	9:00 am Cycle Cycle Room	8:30 am Yoga Dance Room
9:00 am Cycle Cycle Room	9:00 am TRX Crossfitness	9:00 am TRX Crossfitness	9:30 am High Fitness Gym	9:00 am HIIT Crossfitness	9:30 am Zumba Aerobics Room
9:30 am Bootcamp Gym	9:30 am High Fitness Gym	9:30 am Pilates on the Ball Aerobics Room	9:30 am Barre Aerobics Room	9:30 am Pilates Power Hour Aerobics Room	10:30 am Yoga Aerobics Room
9:30 am Barre Aerobics Room	9:30 am Step/Kick/Abs Aerobics Room	9:30 am Yoga Sculpt Dance Room	9:45 am Silver Sneakers+ Dance Room	9:30 am Zumba Toning Dance Room	10:30 am Phunk Fit Dance Room
9:30 am Pilates Power Hour Dance Room	9:45 am Silver Sneakers+ Dance Room	5:30 pm Muscle Up Aerobics Room	10:45 am Silver Sneakers+ Dance Room	10:30 am Meditation & Mindfulness Aerobics Room	
10:45 am Cardio Gold+ Dance Room	10:45 am Silver Sneakers+ Dance Room	6:00 pm TRX Crossfitness	5:30 pm POP Pilates Aerobics Room	10:45 am Zumba Gold+ Dance Room	
5:30 pm Muscle Up Aerobics Room	5:30 pm WERQ Aerobics Room	6:30 pm Got Barre Aerobics Room	6:30 pm High Low Aerobics Room		
6:30 pm Got Barre Aerobics Room	6:30 pm High Fitness Aerobics Room	7:30 pm Zumba Aerobics Room	7:30 pm Yoga Aerobics Room		
7:30 pm Zumba Aerobics Room	7:00 pm HIIT Crossfitness			+Senior/Foundational	
	7:30 pm Yoga Aerobics Room				
					**Fitness & Cardio Room Orientation:10:30am in the Fitness Room on the 2nd Thursday of each month. Register at the front desk or 6 days in advance at chrcgroupfitness.as.me



GROUP FITNESS CLASS RATES

- **ULTIMATE MEMBER**
- **PREMIUM OR BASIC MEMBER**
- **PREMIUM OR BASIC SENIOR (62+)**
- **NON-MEMBER**
- **NON-MEMBER SENIOR (62+)**
- **PREMIUM/BASIC YOUTH (14-17)**
- **NON-MEMBER YOUTH (14-17)**

PER CLASS

- **NO CHARGE**
- **\$5.00**
- **\$4.00**
- **\$6.00**
- **\$5.00**
- **\$4.00**
- **\$5.00**

10 PASS

- **\$45.00**
- **\$35.00**
- **\$55.00**
- **\$45.00**
- **\$35.00**
- **\$45.00**

20 PASS

- **\$80.00**
- **\$60.00**
- **\$100.00**
- **\$80.00**
- **\$60.00**
- **\$80.00**

BOOTCAMP: An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. New workouts are programmed each week and are designed to keep the body guessing and push participants harder than they'd push themselves.

BARRE (Got Barre?, Raise the Barre, Cardio Barre): Low impact, full body sculpting exercises, sometimes choreographed to music, create a fun and exciting ballet inspired workout. Classes in the Aerobics Room are taught "center floor" without the aid of a barre. Classes taught in the Dance Room may utilize the barre for additional support. You do not need to be a dancer to feel the barre burn!

CARDIO GOLD: Low impact and easy add-on cardio sequences are alternated with resistance exercises using tools like hand weights and resistance bands - all set to fantastic music! A great way to get the blood flowing and strengthen muscles while having fun.

CIRCUIT: A total body workout designed to build strength, increase cardiovascular performance, and increase agility through various exercise stations. You'll be challenged with body weight exercises, dumbbells, resistance bands, BOSU balls, battle ropes and other equipment.

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

HIGH FITNESS: A high energy aerobics class that combines HIIT and plyometrics with music you know and love. Follow along to strong, simple choreography and full body toning moves that can be modified for any ability level.

HIGH LOW: Similar to HIGH Fitness but lower impact. No burpees or tuck jumps, just a fun steady state cardio achieved through fun choreographed aerobic routines.

HIIT: High Intensity Interval Training. This class will get your heart rate up with dynamic bursts of exercise followed by short periods of rest.
**HIIT Express is a 45 min class.

MAT PILATES: A strengthening and lengthening form of exercises based on the original exercises developed by Joseph Pilates. Mat Pilates is perfect for all abilities as each exercise can be scaled to the level of the individual.

MUSCLE UP: This class is programmed for muscle building and strength training. Instructors will utilize dumbbells and other equipment to create effective resistance training that can be scaled for all levels of fitness.

PHUNK FIT: The dance cardio class with soul, emphasizing dance movement theory using the exclusive Phive Elements: Musicality, Style, Progression, Repetition, and HIIT. You will be challenged outside of your comfort zone, you will get a total body workout, and have a blast doing it.

PILATES ON THE BALL: This class will work on improving your core strength, balance, and posture. Pilates exercises are performed using different equipment such as physio balls, resistance balls, Pilates rings, resistance bands, and hand weights. This class benefits all fitness levels.

PILATES POWER HOUR: With a focus on Pilates principles, this class uses a variety of equipment to ensure the body is challenged. Simple choreography and clear instruction make this class accessible to both beginner and advanced students.

SILVER SNEAKERS - CARDIO: Designed to increase both cardiovascular and muscular endurance power by using hand weights, resistance bands, and mini exercise balls along with low-impact cardio. A great workout for body and heart!

SILVER SNEAKERS - CLASSIC: Everyone welcome! Increase muscular strength and range of movement to improve your overall well-being. Hand weights, elastic tubing, mini exercise balls, and chairs are utilized for resistance and support.

STEP/KICK/ABS: Fun routines on a step platform using your "climber muscles" alternated with cardio kick boxing combos! A full body workout with amazing cardio intervals followed by abs at the end!

STRETCHING & MOBILITY: This class will spend 30 minutes focusing on dynamic movement for stretching and then move to 30 minutes of static holds for mobility and further range of motion. Feel free to come to the first half if you're scheduled for a 9:00 am class!

TRX: Suspension training leverages gravity and bodyweight to perform hundreds of exercises. By adjusting your body position you can add or decrease resistance - you're in control of how much you want to challenge yourself on each exercise.

WERQ: A wildly addictive cardio dance workout based on trending pop and hip hop music. WERQ's mission is to create a judgment-free dance space built on good vibes, a great sweat, and a supportive community.

WYLD: Learn to connect with your beautiful body through WYLD! WYLD is a dance exercise format, but it's also a space to express yourself, feel connected, challenge your body and mind, and sweat buckets!

YOGA: Postures are practiced to align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also incorporated. Yoga instructors will modify the style of flow and length of balancing postures based on the requests of the individuals in class.

YOGA SCULPT: Yoga postures that incorporate hand weights and high-intensity bursts of cardio.

ZUMBA: An interval-style, calorie-burning dance fitness party! Latin, Pop and World rhythms create a fun "club dance" atmosphere where the music is loud, cheers and "hooting" are encouraged and laughter is loved. (Earplugs are recommend if you have sensitive ears).

ZUMBA GOLD: a great introduction into Zumba, this class is ideal for beginners and active adults alike. The same great Latin styles of dance is utilized with a slower pace and lower intensity. A safe and effective total body workout that is incredibly fun, different, and easy to follow!

ZUMBA TONING: This class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength training dance fitness party. Light weights are used to enhance rhythm and tone arms, abs, glutes, & thighs.