

# GROUP FITNESS CLASS SCHEDULE

## EFFECTIVE MARCH 1, 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>C</b> 5:45 - 6:45 AM Cycle	<b>A</b> 5:15 - 6:15 am Muscle Up	<b>C</b> 5:45 - 6:45 AM Cycle	<b>A</b> 5:15 - 6:15 am Muscle Up	<b>G</b> 6:00 - 7:00 am Total Body Condition	<b>G</b> 6:30 - 7:30 am Total Body Condition
<b>X</b> 5:45 - 6:45 am TRX	<b>D</b> 5:45 - 6:45 am Pilates	<b>A</b> 6:00 - 7:00 am HIGH Fitness	<b>G</b> 6:15 - 7:00 am HIIT	<b>A</b> 7:15 - 8:00 am Muscle Up - Core	<b>D</b> 7:00 - 8:00 am HIGH Fitness
<b>A</b> 6:00 - 7:00 am HIGH Fitness	<b>G</b> 6:15 - 7:00 am HIIT	<b>A</b> 7:15 - 8:00 am HIIT	<b>A</b> 8:20 - 9:20 am Muscle Up	<b>A</b> 8:20 - 9:20 am Stretch & Mobility	<b>C</b> 7:00 - 8:00 am Cycle
<b>A</b> 7:15 - 8:00 am HIIT	<b>A</b> 8:20 - 9:20 am Muscle Up	<b>A</b> 8:20 - 9:20 am Pilates	<b>D</b> 8:20 - 9:20 am Yoga	<b>D</b> 8:20 - 9:20 am Barre	<b>A</b> 8:00 - 9:15 am Muscle Up
<b>A</b> 8:20 - 9:20 am Pilates Power Hour	<b>D</b> 8:20 - 9:20 am Yoga	<b>D</b> 8:20 - 9:20 am Zumba	<b>G</b> 9:00 - 10:00 am TRX	<b>X</b> 9:00 - 10:00 am Power	<b>D</b> 8:30 - 9:30 am Yoga
<b>D</b> 8:20 - 9:20 am Zumba	<b>G</b> 9:00 - 10:00 am TRX	<b>G</b> 9:00 - 10:00 am Total Body Condition	<b>A</b> 9:30 - 10:30 am HIGH Fitness	<b>C</b> 9:00 - 10:00 am Cycle	<b>A</b> 9:30 - 10:30 am Zumba
<b>G</b> 9:00 - 10:00 am Total Body Condition	<b>A</b> 9:30 - 10:30 am HIGH Fitness	<b>C</b> 9:00 - 10:00 am Cycle	<b>D</b> 9:45 - 10:30 am Silver Sneakers Classic	<b>A</b> 9:30 - 10:30 am Pilates on the Ball	<b>A</b> 10:40 - 11:40 am Yoga
<b>C</b> 9:00 - 10:00 am Cycle	<b>D</b> 9:45 - 10:30 am Silver Sneakers Classic	<b>A</b> 9:30 - 10:30 am Yoga Sculpt	<b>D</b> 10:45 - 11:30 am Silver Sneakers Cardio	<b>D</b> 9:30 - 10:30 am Zumba Toning	
<b>A</b> 9:30 - 10:30 am Yoga Sculpt	<b>D</b> 10:45 - 11:30 am Silver Sneakers Cardio	<b>D</b> 9:30 - 10:30 am Barre	<b>A</b> 5:20 - 6:20 pm POP Pilates	<b>D</b> 10:45 - 11:30 am Zumba Gold	<b>SUNDAY</b>
<b>D</b> 9:30 - 10:30 am Barre	<b>A</b> 5:20 - 6:20 pm WERQ	<b>D</b> 10:45 - 11:30 am Qigong	<b>A</b> 6:30 - 7:30 pm SURGE Fit	<b>D</b> 11:45 - 12:30pm HIGH Fitness Xpress	<b>A</b> 1:30 - 2:30 pm Yoga
<b>D</b> 10:45 - 11:30 am Cardio Gold	<b>A</b> 6:30 - 7:30 pm POP Pilates	<b>A</b> 5:20 - 6:20 pm Muscle Up	<b>D</b> 7:00 - 8:00 pm Phunk Fit	<b>A</b> 10:40 - 11:40 am Step Kick Abs	
<b>A</b> 5:20 - 6:20 pm Muscle Up	<b>X</b> 7:00 - 8:00 pm Power	<b>X</b> 6:00 - 7:00 pm TRX	<b>A</b> 7:40 - 8:40 pm Yoga		<b>A</b> AEROBICS ROOM
<b>A</b> 6:30 - 7:30 pm Barre	<b>A</b> 7:40 - 8:40 pm Yoga	<b>A</b> 6:30 - 7:30 pm Barre			<b>D</b> DANCE ROOM
<b>A</b> 7:40 - 8:40 pm Zumba		<b>A</b> 7:40 - 8:40 pm Zumba			<b>G</b> GYM
					<b>C</b> CYCLE
					<b>X</b> 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.

**CARDIO GOLD:** Low impact cardio sequences alternate with resistance exercises using hand weights and resistance bands - a fun way to get the blood flowing and strengthen 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.

**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.

**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.

**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.

**PHUNK FIT:** The dance cardio class with soul, emphasizing dance movement theory using elements like musicality, style, progression, repetition, and HIIT.

**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.

**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.

**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.

**SURGE FIT:** High intensity cardio tracks are intertwined with high rep strength training tracks, using dumbbells, that shape and tone your body for maximum results.

**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:** 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.

**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!**

**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.

CLASS RATES:	PER CLASS	10 PASS	20 PASS
	NO CHARGE		
ULTIMATE MEMBER	\$6.00	\$48.00	\$96.00
PREMIUM OR BASIC	\$5.00	\$40.00	\$80.00
PREMIUM OR BASIC SENIOR (62+)	\$7.00	\$63.00	\$126.00
NON-MEMBER	\$6.00	\$54.00	\$108.00
NON-MEMBER SENIOR (62+)	\$5.00	\$40.00	\$80.00
PREMIUM/BASIC YOUTH (14 - 17)	\$6.00	\$54.00	\$108.00
NON-MEMBER YOUTH (14 - 17)			

- Class sizes are limited. Preregistration is strongly encouraged @ [chrcgroupfitness.as.me](mailto:chrcgroupfitness.as.me) or download the ACUITY app for your phone and search for [chrcgroupfitness.as.me](mailto:chrcgroupfitness.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](mailto:bonnie@cottonwoodheights.com)

