



GROUP X SCHEDULE

Effective March 1, 2020

All classes on this schedule are part of the Fitness Class Add-On. Classes in red denote changes or new classes.

Schedule is subject to change without notice due to holidays, class enrollment, or overcrowding.

STUDIO LOCATIONS UGX: Upstairs Group X Studio // DGX: Downstairs Group X Studio // TRX Studio: Across from DGX Studio
CYCLING Studio: Next to UGX // YOGA Studio: Bottom of Circular Staircase // DANCE Studio: Across from Auditorium C
GYM: Downstairs outside the Lockers Rooms **S** Denotes Silver Fitness programming

MONDAY

5:45-6:45am	BodyPump	DGX	Marcy B
6:30-7:15am	STRONG by Zumba	UGX	Shalom S
9:00-10:15am	Power Vinyasa Yoga	YOGA	Jen Z
9:15-10:15am	Cardio Fit	GYM	Kathy M
9:30-10:15am	Cycling	CYCLING	Niki C
9:45-10:30am	Zumba	UGX	Eva M
10:15-11:15am	BodyPump	DGX	Joween O
10:30-11:45am	Mixed Lvl Alignment Yoga	YOGA	Carrie B
10:45-11:30am	Barre	DANCE	Eva M
11-11:45am	S SilverSneakers Classic	UGX	Bev H
12-1pm	Gentle Yoga	YOGA	Carrie B
12-12:45pm	Cycling	CYCLING	Lisa B
4:30-5:45pm	Yoga Basics	YOGA	Vanessa A
4:45-5:30pm	Barre	DANCE	Niki C
5:45-6:45pm	BodyPump	DGX	Steve R
5:45-6:30pm	Zumba	UGX	Niki C
6-7:15pm	Mixed Lvl Alignment Yoga	YOGA	Vanessa A
6-7:30pm	Performance Based Cycling	CYCLING	Kim L
7-7:45pm	H.I.I.T. Bootcamp	DGX	Karyn V

TUESDAY

5:45-6:30am	Cycling	CYCLING	Ursula
5:45-6:30am	Zumba	DANCE	Steve C
8:30-9:30am	Mixed Lvl Pilates	YOGA	Melissa D
9-9:45am	STRONG by Zumba	UGX	Eva M
9-9:45am	Core & More	DGX	Kathy M
10-11am	Gentle Yoga	YOGA	Becky S
10-10:45am	Healthy Back	UGX	Joween O
10-10:45am	Line Dance	DANCE	Kathy M
10-10:45am	Cycling	CYCLING	Melinda A
11-11:45am	S SilverSneakers Circuit	UGX	Kathy M
11:15-12:30pm	Mixed Lvl Alignment Yoga	YOGA	Wendy B
12-12:45pm	S SilverSneakers Yoga	UGX	Joween O
12:15-1pm	Stations	DGX	Bev H
4:30-5:15pm	H.I.I.T. Cycle	CYCLING	Niki C
5-6pm	Pilates Basics	YOGA	Bev H
5:30-6:30pm	Cardio Kick & Step	UGX	Dennis S
5:45-6:30pm	Compound X	DGX	Eva M
6:15-7:15pm	PiYo Live	DANCE	Angelina S
6:45-7:30pm	WerQ	UGX	Gabie H
7-7:45pm	BodyPump	DGX	Diane R

WEDNESDAY

5:45-6:45am	BodyPump	DGX	Marcy B
8-9am	Mixed Lvl Pilates	YOGA	Melissa D
9-10 am	BodyPump	DGX	Elizabeth L
9:15-10:15am	Cardio Fit	GYM	Kathy M
9:15-10am	Balance Fusion	YOGA	Bev H
9:45-10:30am	Zumba	UGX	Niki C
10:30-11:45am	Power Vinyasa Yoga	YOGA	Becky S
10:45-11:30am	Barre	DANCE	Eva M
11-11:45am	S Zumba Gold	UGX	Dylan M
4:30-5:45pm	Mixed Lvl Vinyasa Yoga	YOGA	Tisah B
4:45-5:30pm	Barre	DANCE	Niki C
5:45-6:45pm	BodyPump	DGX	Joween O
5:45-6:30pm	Zumba	UGX	Eva M
6-7pm	Mixed Lvl Pilates	YOGA	Bev H
6-6:45pm	Cycling	CYCLING	Staff
7:15-8:30pm	Power Vinyasa Yoga	YOGA	Veel I

THURSDAY

5:45-6:30am	Barre	DANCE	Ashley A
5:45-6:30am	Cycling	CYCLING	Nancy P
8:30-9:30am	Mixed Lvl Pilates	YOGA	Melissa D
9-10am	Core & More	UGX	Angeline T
9:30-10:30am	Nia	DANCE	Netta Z
9:45-11am	Mixed Lvl Alignment Yoga	YOGA	Wendy B
10-10:45am	Healthy Back	UGX	Joween O
10-10:45am	Performance Based Cycling	CYCLING	Kim L
10:15-11:15am	BodyPump	DGX	Rhonda G
11-11:45am	S SilverSneakers Classic	UGX	Joween O
11:15-12:15pm	Gentle Yoga	YOGA	Carrie B
12-12:45pm	S SilverSneakers Yoga	UGX	Joween O
5:30-6:30pm	STRONG by Zumba	UGX	Shalom S
5:45-6:30pm	H.I.I.T. Bootcamp	GYM	Stephen W
6-6:45pm	Cycling	CYCLING	Bev H
6:15-7:15pm	PiYo Live	DANCE	Angelina S
7-7:45pm	BodyPump	DGX	Diane R

FRIDAY

5:45-6:45am	BodyPump	DGX	Marcy B
9-9:45am	Burn Zone	UGX	Eva M
9:15-10:15am	Cardio Fit	GYM	Kathy M
9:45-11am	Mixed Lvl Alignment Yoga	YOGA	Wendy B
9:45-10:45am	Zumba	UGX	Niki C
10-10:45am	Total Strength	DGX	Michelle L
11-11:45am	S SilverSneakers Circuit	UGX	Kathy M
11:15-12:15pm	Shabbat Yoga (1st Fri)	YOGA	Wendy B
12:30-1:30pm	Mixed Lvl Vinyasa Yoga	YOGA	Maeghen P

SATURDAY

8:30-9:15am	H.I.I.T. Bootcamp	GYM	Stephen W
8:45-9:45am	20/20/20	UGX	Suzy E
9-10am	Mixed Lvl Pilates	YOGA	Melissa D
9-10am	Cycling	CYCLING	Angelina S
10-11am	BodyPump	DGX	Heather S
10:15-11am	Barre	DANCE	Angelina S
10:15-11:30am	Power Vinyasa Yoga	YOGA	Becky S
11-12pm	Zumba	UGX	Crisanta T
12-1pm	BodyPump	DGX	Diane R
1:15-2:15pm	Yin Yoga	YOGA	Liza S
3-4pm	Performance Based Cycling	CYCLING	Kim L

SUNDAY

8:30-9:30am	Cycling	CYCLING	Lisa B
9:30-10:30am	Mixed Lvl Pilates	YOGA	Bev H
9:30-10:30am	Cardio Kick & Pump	UGX	Karyn V
10-11am	Cycling	CYCLING	Shawna S
10-11am	WerQ	DANCE	Gabie H
11-12pm	BodyPump	DGX	Steve R
11-11:45am	S Silver&Fit Experience	UGX	Andrea K
11:15am-12:30pm	Power Vinyasa Yoga	YOGA	Veel I
12:45-2pm	Yoga Basics	YOGA	Krista K



GROUP X CLASSES

20/20/20: The ultimate challenge - 3 workouts in one! This class is 20 minutes of Cardio, 20 minutes of Step and 20 minutes of Strength. Burn fat and build muscle in one fun class! This class is suitable for all.

BALANCE FUSION: Improve overall fitness, focusing on mind-centering exercises, including various stances and equipment. Strengthen your core and improve your balance. Get strong for everyday activities.

BARRE: A unique, high-energy class that combines elements of dance, yoga, Pilates, and functional training with barre to burn fat. Central to the workout are toning and resistance exercises to sculpt and elongate muscles. Suitable for all.

BODYPUMP™: The original barbell and weight class. Squat, press, curl and lift your way to a new you. This class will change the way you look and feel, and will improve your physical ability. Suitable for all.

BURN ZONE: Cardio and strength segments alternate for a total body workout. Burn calories, improve strength and endurance, and maximize your exercise potential.

CARDIO FIT: An aerobics class designed to fit high or low impact needs. Choose your intensity level and train and improve your cardiovascular system. Suitable for all.

CARDIO KICK & PUMP: Fun movements designed to increase cardio endurance using kick boxing moves that end with a weight segment. Suitable for all.

CARDIO KICK & STEP: Choreographed movements designed to increase cardio endurance using patterns incorporating the step benches and kick boxing moves. Suitable for all.

COMPOUND X: Work multiple muscle groups all at once in this explosive, NEW, strength and conditioning class! Challenge your body with compound movement and variations on classic exercises. This class is recommended for experienced exercisers. Modifications will be shown.

CORE & MORE: Work muscles mainly responsible for the core and include upper and lower body muscles, with an extended flexibility/stretching segment. Suitable for all.

CYCLING: This challenging class guides participants to control speed, resistance, and use of power, through guided cycling drills. Get ready to develop your cardiovascular strength and endurance with your motivational instructor. Suitable for all.

CYCLE & SCULPT: Get the best of both worlds with this hybrid class. Cycling provides cardio and resistance training while bands, balls and weights are incorporated for an off-bike, sculpting, finale.

PERFORMANCE BASED CYCLING: This class uses the data available on our Matrix indoor bike console to create growth and power in our cycling workout. Focus on drills on Mondays, 5 minute challenges on Thursdays, and endurance on Saturdays.

GENTLE YOGA: Experience deep relaxation and pain free movement using basic yoga postures to build strength and flexibility. This class moves at a slower pace to encourage gentle stretching and the use of props for support. Suitable for all levels.

H.I.I.T. BOOTCAMP: High Intensity Interval Training incorporates tough, quick bursts of activity, followed by periods of recovery, delivering maximum results in less time. Get ready to up your workout game with tires, kettle bells, battle ropes, and other functional training equipment. This class is recommended for experienced exercisers. Modifications will be shown.

H.I.I.T. CYCLE: Your instructor will take you through an intense calorie burning guided ride using ladders, tabatas, pyramids, and more. Experience repeated bouts of short duration, high-intensity exercise intervals, and periods of active recovery. Modifications offered.

HEALTHY BACK: Learn techniques to strengthen your core, proper stretching and relaxation for pain management.

.LINE DANCE: Learn popular steps and dances you can take out on the town. Workout and learn at the same time. Suitable for all.

MIXED LEVELS ALIGNMENT YOGA: This class is perfect for a yoga student at any level. More challenging postures are introduced, poses are held longer, and refinements in alignment are taught.

MIXED LEVELS PILATES: A system of physical conditioning exercises involving low-impact moves and stretches designed to strengthen muscles of the torso. Get strong from the inside out! Suitable for all.

MIXED LEVELS VINYASA YOGA: A class that challenges both beginners and advanced students alike, with a thoughtful arrangement of poses. This class offers proper modifications for beginners and options for advanced students. A great way to experience the mind/body connection. Suitable for all levels.

NIA®: An inspired barefoot dance-workout for body and soul. Danced to original world music, the class uses simple steps and expressive free-dance to create a fun and uplifting workout. No dance experience is required. Ideal for all fitness levels.

PILATES BASICS: Ease into learning the basic principles of Pilates. Enjoy low-impact moves and stretches designed to strengthen muscles of the torso. Great for beginners.

PIYO™ LIVE: Combines the muscle-shaping, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a fat-burning, low impact workout that leaves your body looking long, lean, and incredibly defined. Modifications will make this suitable for all.

POWER VINYASA YOGA: This challenging class offers a sequence of poses flowing together to maximize strength and flexibility. Get a great workout and leave feeling refreshed and relaxed.

SHABBAT YOGA (1ST FRIDAY OF THE MONTH): Welcome a peaceful Shabbat into your body, mind and spirit. Gentle yoga movements and restorative yoga poses are infused with Jewish teachings as a way to deepen your entry into Shabbat.

SILVER&FIT® EXPERIENCE: For moderately active older adults who regularly exercise 1-2 days per week. This class is designed to increase and challenge flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance.

SILVERSNEAKERS® CIRCUIT: Increase cardiovascular development in level two. This standard circuit workout will build upper body strength using a variety of equipment and challenge the lower body with choreographed non-impact aerobics.

SILVERSNEAKERS® CLASSIC: A variety of exercises designed for the senior adult—increase muscular strength, range of movement, and activity for daily living. Use hand weights, resistance bands, and a ball. The class remains seated for the majority of the class.

SILVERSNEAKERS® YOGA: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.

STATIONS: A workout using circuit-training principles. Combines compound strength with unique drills that target aerobic fitness and muscular endurance simultaneously. Suitable for all.

STRONG BY ZUMBA®: A fun and effective workout that combines body weight, muscle conditioning, cardio and plyometric training. This workout is synced to original music that has been specifically designed to match every single move. Push your limits!

TOTAL STRENGTH: Build strength and decrease body fat by increasing your lean muscle which will speed up your metabolism and burn more calories all day. Use a variety of weight training equipment to change the shape of your body! Suitable for all.

WERQ®: A wildly addictive cardio dance workout based on the hottest pop and hip hop music. Suitable for everyone!

YIN YOGA: A restorative class designed to release tension, calm the nervous system, and teach the body to sit still. Students will passively stretch and energize the deep connective tissues of the body, open the joints, and restore alignment. Suitable for all levels.

YOGA BASICS: Perfect for the new student working on building an active yoga practice. Learn the basic principles of alignment and introductory poses. Experience the benefits of yoga to transform the body and the mind. Suitable for all levels.

ZUMBA®: Dance and get your sweat on! Infused with Latin, hip hop and international influences, you won't even know that you are exercising. Feel the music and let it move you! Ven a bailar con nosotros!

ZUMBA® GOLD: Based on the same dance format used in Zumba class, the Gold class is less intense and provides opportunities to modify with dance routines designed for beginners and older adults.