

# GROUP FITNESS CLASS SCHEDULE

Effective: 04/01/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>LES MILLS BODYPUMP</b> 530-625A Studio AB Erin</p> <p><b>CORE</b> 745-815A Studio AB Virtual</p> <p>815 - 910A INDOOR Pool SHALLOW H2O  Deb</p> <p><b>SilverSneakers</b> 830-920A MB Studio CLASSIC   Karen</p> <p>830-920A Studio AB CST   Brigid</p> <p>920-1020A Cycle Studio DRIVEN (CYCLE)   Amanda</p> <p><b>SilverSneakers</b> 930-1020A MB Studio CLASSIC   Karen</p> <p>930-1020A Studio AB DANCE FUSION   Issrah</p> <p>1030-1120A Studio AB TOTAL BODY SCULPT   Amanda</p> <p>1030-1120A MB Studio VINYASA YOGA   Wendy</p> <p>1130-1220P Studio AB CARDIO FIT   Amanda</p> <p><b>LES MILLS BODYPUMP</b> 530-625P Studio AB Sharaze</p> <p>530-620P Cycle Studio DRIVEN (Cycle)   Michele</p> <p>530-620P MB Studio MAT PILATES   Agnes</p> <p><b>LES MILLS BODYBALANCE</b> 630-720P MB Studio Sharaze</p> <p>630-720P Studio AB DANCE FUSION   Dima</p>	<p>530-630A Cycle Studio DRIVEN (Cycle)   Michele</p> <p>530-6A Studio AB Virtual</p> <p>830-915A Cycle Studio HIIT CYCLE   Michele</p> <p>830-920A MB Studio MAT PILATES   Karen</p> <p>830-920A Studio AB Natasha</p> <p>930-1020A Studio AB Tara</p> <p>1030-1120A Studio AB CIRCUIT   Nancy</p> <p>1030-1120A Indoor Pool DEEP H2O  Amanda</p> <p>1030-1125A MB Studio Carrie</p> <p>1130-1220P Studio AB DANCE FUSION   Amanda</p> <p>1230 - 120P Studio AB GENTLE YOGA   Wendy</p> <p>530-620P Studio AB TOTAL BODY SCULPT   Dima</p> <p>530-620P MB Studio VINYASA YOGA   Wendy</p> <p>530-620P Cycle Studio BEAT (CYCLE)   Kelvin</p> <p>630-720P Studio AB DANCE FUSION   Monica</p> <p>730-8P Studio AB Virtual</p>	<p>530-620A Studio AB CST   Monica Stepter</p> <p>745-815A Studio AB Virtual</p> <p><b>LES MILLS RPM</b> 830-915A Cycle Studio Virtual</p> <p><b>SilverSneakers</b> 830-920A MB Studio CLASSIC   Barbara</p> <p>830-920A Studio AB CST   Brigid</p> <p>915-1010A INDOOR Pool SHALLOW H2O  Christina</p> <p>930-1020A Studio AB Tara</p> <p>920-1020A Cycle Studio DRIVEN (Cycle)   Amanda</p> <p>930-1020A MB Studio CLASSIC   Barbara</p> <p>1030-1120P MB Studio VINYASA   Amy</p> <p>1030-1120A Studio AB TOTAL BODY SCULPT   Amanda</p> <p>1130-1220P Studio AB CARDIO FIT   Amanda</p> <p>1210-1P Cycle Studio BEAT (Cycle)   AD</p> <p>1230-120P Studio AB Answorth</p> <p><b>ZUMBA gold</b> 530-620P Studio AB Natalie S.</p> <p>530-620P MB Studio GENTLE YOGA   Wendy</p> <p>530-630P Cycle Studio DRIVEN (CYCLE)   Michele</p> <p>630-725P Studio AB Stephanie</p>	<p>530-630A Cycle Studio DRIVEN (Cycle)   Michele</p> <p>530-620A Studio AB Erin</p> <p><b>LES MILLS BODYATTACK</b> 830-915A Cycle Studio HIIT CYCLE   Jill E.</p> <p>930-1020A MB Studio MAT PILATES   Nancy</p> <p>830-915A Studio AB HIIT/CORE   Michele</p> <p>830-920A INDOOR Pool Donna</p> <p>930-1020A Studio AB Tara</p> <p>1030-1120A Studio AB CIRCUIT   Karen</p> <p>1030-1120A Indoor Pool DEEP H2O  Amanda</p> <p>1030-1130A MB Studio ASHTANGA YOGA   Tracie</p> <p>1130-1220P Studio AB DANCE FUSION   Amanda</p> <p>1230 - 120P MB Studio GENTLE YOGA   Agnes</p> <p>5-550P MB Studio MAT PILATES   Dan</p> <p>530-620P Studio AB DANCE FUSION   Issrah</p> <p>530-605P Cycle Studio Ginger</p> <p>600P - 700P MB Studio ASHTANGA YOGA   Amy M.</p> <p>630-725P Studio AB Sharaze</p>	<p>530-620A MB Studio Erin</p> <p><b>LES MILLS BODYBALANCE</b> 8-845A Cycle Studio CYCLE   Virtual</p> <p>830-920A Studio AB Answorth</p> <p>830-920A MB Studio CLASSIC   Barbara</p> <p>930A -1020A Indoor Pool SHALLOW H2O  Katie</p> <p>930-1020A Studio AB Tara</p> <p>920-1020A Cycle Studio DRIVEN (CYCLE)  Amanda</p> <p>930-1020A MB Studio CLASSIC   Nancy</p> <p>1030-1120A MB Studio Tara</p> <p>1030-1120A Studio AB TOTAL BODY SCULPT   Brigid</p> <p>1030-1120A Indoor Pool DEEP H2O   Amanda</p> <p>1130-1220P Studio AB BELLY DANCE   Issrah</p> <p>1210-1P Cycle Studio BEAT (Cycle)   AD</p> <p>1230 - 120P Studio AB GENTLE YOGA   Deb</p> <p>530-6P Studio AB Virtual</p> <p>6-630P Studio AB Virtual</p>	<p>715-815A Cycle Studio DRIVEN (Cycle)   Michele</p> <p>830-920A Studio AB Erin</p> <p>830-920A MB Studio MAT PILATES   Allyn</p> <p>930-1015A Cycle Studio HIIT CYCLE   Tara</p> <p>930-1020A Studio AB DANCE FUSION   Monica Stepter</p> <p>930-1020A MB Studio Vinyasa YOGA   Wendy</p> <p>1030-1120A Studio AB TOTAL BODY SCULPT   Monica</p> <p>1010-1040A Cycle Studio Virtual</p> <p>1010-1040P Studio AB Virtual</p> <p>1050-1120P Studio AB Virtual</p> <p>130-220P Studio AB DANCE FUSION   Issrah</p> <p>230-330P Cycle Studio DRIVEN (Cycle)   Michele</p> <p>230-330P Studio AB TBS   Dima</p> <p>330-430P Studio AB GENTLE YOGA   Amy M.</p>	

Log into [WWW.GACFITNESS.ORG/MY-ACCOUNT](http://WWW.GACFITNESS.ORG/MY-ACCOUNT) to book a virtual class or call us at (901) 757-7370.

**Ashtanga Yoga** is a set sequence of postures designed to bring strength, flexibility and endurance to the body and a sense of stillness to the mind. The postures are done in the same order each time.

**BEAT (Cycle)** participants experience fun and energy in this high calorie burning, cycle class, featuring new and powerful music! Ride to the rhythm and feel the beat while working through hills and drills.

**Belly Dance** helps the participant develop balance and grace while toning the entire body. It also improves low back and hip flexibility.

**BODYATTACK™** is a high-energy fitness class combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**BODYCOMBAT™** participants can burn up to 740 calories in this high-energy martial arts-inspired workout that is totally non-contact. Punch, kick and release stress while having a blast and feeling like a champ.

**BODYBALANCE™** (previously BODYFLOW) is a series of yoga moves that embraces elements of Tai Chi and Pilates. This class will strengthen your body and leave you feeling calm and centered. Bring a yoga mat and any needed props.

**BODYPUMP™** is a strength class that challenges all your major muscle groups. Burn up to 540 calories using light to moderate weight with lots of repetitions.

**CardioFit** is a low impact cardio and total body conditioning workout increases muscular and cardio endurance. It provides a safe and effective workout for beginners, pre- and post-natal mothers, as well as older active adults.

**CST (Cardio Strength Training)** is an athletic based cardio and strength training class for both men and women. Challenge yourself with non-stop speed, total body compound power movements and plyometric and agility drills.

**CORE™ Virtual (previously CXWORX)** is a 30 minute workout where participants will perform bodyweight exercises and work with resistance bands and weighted plates to strengthen the core, butt, hips and low back.

**Dance Fusion** is an easy-to-follow, aerobic, dance based fitness class. The dance routines combine hip-hop, belly dancing and Latin moves set to the latest music.

**Deep H2O** improves mobility while utilizing buoyancy belts, aquatic barbells and noodles.

**DRIVEN (Cycle)** is a results-driven, high calorie burn studio cycling class. Ride to your limits with fast paced sprints, powerful hills, and intense drills. This class incorporates bike metrics (Watts, Rpm's, & Speed) as a tool for measuring and improving strength, speed, focus, and power!

**Gentle Yoga** targets those new to yoga and those recovering from injury. Blocks and straps may be used if needed, along with a wide variety of alternative poses. Poses are held longer and final relaxation is extended. Bring a yoga mat and any needed props.

**GRIT™ Virtual** is a 30-minute high-intensity interval training (HIIT) workout including a cardio, athletic, and strength format.

**HIIT Cycle** is a workout that alternates between intense bursts of exercise and periods of rest or low-intensity activity. High Intensity Interval Training on the bike is a great option for anyone looking to reap the rewards of a HIIT workout while minimizing the risk of injury by keeping it low impact. Each class is uniquely designed by the instructor to challenge riders through motivating and powerful music.

**Mat Pilates** focuses on basic Pilates principles: core strength, flexibility, proper breathing, and alignment. Modifications are given to accommodate all fitness levels.

**RPM™ Virtual** is a fun, low impact cycling workout where the participant controls the intensity. Burn up to 500 calories while taking on hill climbs, sprints, and intervals.

**Shallow H2O** is a low impact class utilizing foam barbells, noodles and kickboards for a challenging resistance workout in the water.

**Silver Sneakers Classic®** is designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. (Silver Sneaker Intensity Level 1 of 5)

**Silver Sneakers Circuit®** offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for support. Silver Sneaker Intensity Level 3 of 5.

**SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout on the bike that combines bursts of intensity and periods of rest.

**TBS (Total Body Sculpt)** utilizes exercises designed to tighten and tone your body from head to toe while using a combination of hand weights, stability balls and resistance bands.

**Vinyasa Yoga** A dynamic, flowing practice that links breath and movement through a series of postures. Some knowledge of basic yoga poses is helpful, but not necessary. Bring a yoga mat and any needed props.

**Zumba Gold®** is for the beginner and older active adult and is an aerobic/fitness interval dance workout with a combination of fast and slow rhythms that tone and sculpt the body.