Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP <b>RIDE</b> Jerome  5:45am Rm 2	POWER- Erica 5:45am Rm 3	GROUP <b>RIDE</b> Denny  5:45am Rm 2	Denny 5:45am Rm 3	SPINNING. Ryan 5:45am Rm 2	GROUP <b>RIDE</b> Denny  8:00am Rm 2	Current
SPINNING. Heidi 30 Min 8:30am Rm 2	Cardio Pump Angela 8:30am Rm 3	SPINNING. Heidi 30 Min 8:30am Rm 2	Cardio Pump Angela 8:30am Rm 3	SPINNING  Nathalie  8:30am Rm 2	INTERVAL TRAINING Angela 8:30am Rm3	Schedule as of
Solvini Sissain Rin 2  Solvini Sissain Rin 2  Maria  9:00am Rm 1	GROUP RIDE* Amy 9:15am Rm 2	GROUP <b>RIDE</b> * Heidi  9:15am Rm 2	SPINNING. Vince 9:15am Rm 2	RIPPED  Heather  10:00 am Rm 3	ABS & GLUTES ANGELA 9:30AM 1/2HR RM3	04/1/2014
SPINNING. Heidi	POWER  Heather  9:30am Rm 3	BLAST. Erica	POWER Erica	SPINNING. Heidi	GROUP POWER Heather	BOOT CAMP  Vince 9:15am Rm3
9:15am Rm 2  INTERVAL TRAINING  Angela 9:30am Rm3	CIRCUIT  Ryan & Anthony 1/2HR 12:30pm Rm 3	9:30 am Rm 3  Barre Fusion  Bobbie Lee  10:00 am Rm 1 sign  up at the front desk	9:30am Rm 3  CIRCUIT  Ryan & Anthony 1/2HR 12:30pm Rm 3	4:30pm Rm 2  Parre Fusion Pobbie Lee 5:30 pm Rm 3	10:15am Rm 3  Tania  11:30am Rm 3	9:15am Rm 2
ABS & GLUTES ANGELA 10:30AM 1/2HR RM3	ACTIVE Karen 4:30 pm Rm 3	S ZVMBA Maria 10:30am Rm 3	Heidi 4:30pm Rm 3		Barre Fusion Melanie 11:30 am Rm 1 sign up at the front desk	3.134111
GROUP CORE  Heidi  1/2hr 12:30pm Rm 3	GROUP KICK Erica 5:30pm Rm 3	SPINNING. Heidi 1/2hr 12:30pm Rm 2	GROUP KICK Nathalie 5:30pm Rm 3			CGROUP KICK Dana 10:30am Rm 3
BLAST Erica 4:30 pm Rm 3	Barre Fusion Melanie 5:30 pm Rm 1 sign up at the front desk	BLAST Karen 4:30pm Rm 3	<b>SPINNING.</b> Karla <b>5:45pm Rm 2</b>			SPINNING.  Ryan  10:30am Rm 2
Karen 5:30pm Rm 3	S SPINNING. Karla 5:45pm Rm 2	Karla 5:30pm Rm 3	3.43pm Rin 2			10.504111
5.50pm Rm 2	Dana 6:30pm Rm 3	SPINNING  Ryan 5:45 pm Rm2			Check the Bulletin Board for Promotions	
SZVMBA Iviegan filess 6:30pm Rm 3		Tania 6:30 pm Rm 3				in. Lunch Time :30-1:00pm

## **Group Fitness Schedule Wellness Center North**

**RIPPED** workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, and Endurance of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective...

Is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music. With simple, athletic movements such as squats, lunges, presses & curls, Group Power is for all ages & fitness levels. Discover results, discover Group Power!"

Froup Kick brings it on! This electric 60-minute fusion class of martial arts & boxing movements will kick your cardio fitness to the next level while defining & shaping your body & seit-confidence! Energetic music & a group environment will keep you punching, kicking & smiling! Group Kick will knock you out!"

Discover new heights with Group Blast! Get your cardio fix with 60 minutes of step training; improve your fitness, agility, balance and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart rate pounding and the sweat poring. Have a blast with Group Blast

**INTERVAL TRAINING** A Total body sculpting workout combining cardiovascular training and strength training. High intensity intervals, includes free weights & much more. This class burns maximum body fat & lots of calories. Interval Training promotes muscular strength & endurance while reshaping the upper & lower body. Everything you need and the convenience of a single class.

Get Active and get more out of life! Group Active gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate your life with group active.

**SPINNING** A get-up-and-go freestyle in-door cycle. Program. This is an awesome calorie burning class! Sign up sheet goes out at the desk 30 minutes before class.

Everyone finishes first in Group Ride! This 60 minute cycling program is geared to anyone that can ride a bike. Motivating music and an inspiring group environment lets you ride on! Sign up sheet goes out at the front desk 30 minutes before class.

**CARDIO PUMP** This is an Interval Training class! We combine body sculpting and cardiovascular training with high intensity Intervals. This class is designed to burn maximum body fat and calories while using a variety of innovative techniques to keep your workouts exciting and fun!

**BOOT CAMP** ARE YOU READY? A class designed to get your heart rate up while putting you through your paces. This class sculpts the entire body!

SZVMBA an awesome Latin dance class! Come and feel the rhythm & HIP HOP get down and get funkie with a very cool dance class!

Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform - all to challenge you like never before. Reach Your Peak with Group Core!"

Barre Fusion A class that sculpts every inch of the body combining innovative techniques taken from ballet barre work, pilates, light weight strenth training incorporated with lengthening movmets taken from yoga, move through fluid movments with a flow that will lengthen, strenthen and tone all muscle groups while working from the core. The most sought after total body workout barre none!

ABS & GLUTES A class that concentrates on sculpting the abs and shaping up those glutes! You will feel the burn in this ½ hour class..."Get ready to get down!"