



# GROUP FITNESS

SCHEDULE EFFECTIVE  
NOVEMBER 9, 2020

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30am	HIIT CARDIO AMY 		STRENGTH INTERVALS AMY				
5:45am	RPM™ ED	RPM™ VIRTUAL	RPM™ HARMANI	CYCLE VIRTUAL	RPM™ VIRTUAL*		
7:30am	RPM™ VIRTUAL	RPM™ VIRTUAL	RPM™ VIRTUAL	RPM™ VIRTUAL	RPM™ VIRTUAL	7:30am DEEP WATER KIM	
8:00am			DEEP WATER KIM				
8:15am						8:15am RPM™ HARMANI	
8:30am		STRENGTH TO THE CORE DARCY		STRETCH & SHINE DARCY		8:30am HATHA YOGA CATHY 	CARDIO BARRE DARCY/MANU
						CARDIO KICKBOX AMY	TONET™ HARMANI/KRISTEN
9:00am	C.S.C CAROLINE	BODYPUMP™ HARMANI	HIIT & LIFT CORINNE 	TONET™ MARY	BODYPUMP™ MANU		CYCLE VIRTUAL
	ZUMBA® HARMANI		ZUMBA® MANU				
	RPM™ AMY	CYCLE VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	CYCLE VIRTUAL		
9:30am	AQUA FIT JESS/DARCY	AQUA FIT REBECCA	AQUA FIT JOE	AQUA FIT MARIETTE			
10:00am						10:00am STEP SUSAN	BODYPUMP™ MANU/KARI
						ZUMBA® HARMANI	VINYASA YOGA SONIA 
						RPM VIRTUAL	CYCLE VIRTUAL
10:30am	EZ CARDIO STREN. DARCY/ VINYASA YOGA PAM	TONET™ MARY	FUNCT. FITNESS DENNIS FUNCT. STRETCH DARCY		SOLID GOLD DARCY HATHA YOGA PAM		
11:00am		WELLNESS COMBO REBECCA		WELLNESS COMBO REBECCA			
12:00pm	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL		
12:15pm				CHAIR YOGA REBECCA			
3:00pm	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL		
4:30pm		STEP SARAH		CARDIO FUSION SUSAN			
5:15pm	YOGA CATHY 						
5:30pm	HIIT CARDIO AMY						
		TONET™ SUSAN	CARDIO KICKBOX AMY				
	RPM VIRTUAL	CYCLE VIRTUAL	RPM VIRTUAL	CYCLE VIRTUAL	RPM VIRTUAL		
				ZUMBA® HARMANI			
6:00PM				BODYPUMP™ SANDY			
6:30PM		HIIT & LIFT LISA 	TONET™ HARMANI				
		ZUMBA® STACEY					
6:45pm	BODYPUMP™ SANDY						
	PIYO LISA						
				POWER VINYASA CATHY			

\*Starting Fri. Dec 4:  
RPM with Kim

**Please register in Member Portal for all classes.**

Due to high-demand, please arrive on time for your scheduled class or your spot can be filled.

Most classes are 45 minutes.

**Note the equipment policy:**  
Bring your own yoga mat (for all classes who do core work as well)  
Bring your own water bottle

 Zoom VIRTUAL classes filmed during live classes as noted. Please note: technical difficulties may occur. Exercise at your own pace. Choose a safe space with sturdy footing. Access available to members only. See class in member portal for access code.

**Works Cycle Zone:**

- Note signs in studio about which bikes are available for use.
- Sanitized bikes will be marked. See signage in studio.

Safe Commitment Commitment here:  
[theworkhealthclub.com/safecarecommitment](http://theworkhealthclub.com/safecarecommitment)

# CLASS DESCRIPTIONS

**BODYPUMP** is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights, with a lot of repetitions, you will get a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

**A.C.T** Let the music be your timer with Cardio and Strength moves and pair them with fun music

**CARDIO STRENGTH FUSION** This class incorporates a variety of formats including, but not limited to, step, hi/lo and weights. All fitness levels.

**LES MILLS TONETM** If you want the optimal mix of strength, cardio and core training this is it. You'll complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

**C.S.C.** A mix of moderate to high intensity cardio exercise with strength intervals using both Body wright and Free weights.

**C.S.B.C.** Cardio, Strength, Balance and Core

**CARDIO KICKBOX** In this Cardio Boxing class you will punch, jab, block and kick your way to a leaner, firmer and stronger body. All fitness levels.

**DANCE FIT** Take athletic exercises and learn how to either make them dancey or keep them athletic. For all fitness levels. Shown how to take it up a notch or keep it low impact. At the end of class you have learned a whole routine.

**EZ CARDIO STRENGTH COMBO** A mix easy to follow cardio, Strength, balance and more. Beginner/ Senior to intermediate level.

**PIYO** PiYo Live combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean, and incredibly defined. PiYo is a suggested barefoot format to strengthen the feet and conquer balance. Modifications will be given.

**HIIT CARDIO** High intensity Cardio drills mixed with body weight exercises.

**HIIT & LIFT** High intensity Cardio drills mixed with strength intervals using free weights.

**HATHA YOGA** The poses are held for a number of breaths allowing time for deep stretching and for experiencing the breath. This is a good place to learn basic poses and relaxation techniques to get you comfortable with Yoga.

**FUNCTIONAL FITNESS** A mix of Cardio, Strength and balance exercises to increase overall fitness. Beginner/Senior-to intermediate. All Welcome

**POWER VINYASA YOGA** A vigorous, fitness-based, approach to Vinyasa yoga.

**STEP** Utilizes basic step movements to provide a great aerobic workout. This class is for beginners and intermediate fitness level.

**STRENGTH TO THE CORE** A ½ hour combination of strength, core, and balance training to get you start ed with your day. This class is for beginners and seniors.

**STRETCH AND SHINE** A ½ hour of active stretching with range of motion exercises that will help improve your flexibility. This class is for beginners and seniors.

**TAI CHI** Promotes a sense of well-being by increasing the free flow of energy with one's physical, mental and spiritual self. for mind and body to promote internal energy and guide the body to balance and flexibility.

**VINYASA YOGA** Breath-synchronized movement. Vinyasa yoga transitions from one pose to the next in a smooth and flowing manner, focusing on movement awareness. Build strength, stamina and flexibility in a style of yoga suited for anybody.

**WELLNESS COMBO** A beginner, all-around, class for health seekers. It includes low-impact cardio, strength, balance, flexibility and relaxation. Chairs are available for participants.

**ZUMBATM** Everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**STRENGTH INTERVALS** High energy class using weights and bodyweight exercise to get your heart rate up and target all of the major muscle groups of your body.

**SOLID GOLD** Slower tempo and simple dance choreography moves to get your cardio fitness in.