

## MONDAY

5:30 - 6:20 AM \$  
**BRAVO BOOTCAMP**  
Jim

8:00 - 8:50 AM  
**GENTLE YOGA**  
Rene

9:00 - 9:50 AM  
**TRX CIRCUIT**  
Joe B.

10:00 - 10:50 AM  
**FOREVER FIT**  
Glenna / Sarah

5:30 - 6:15 PM \$  
**HIIT BOOTCAMP**  
Carrie

6:00 - 6:50 PM  
**BARRE**  
Janeen

7:00 - 7:45 PM  
**INTERVAL STRENGTH TRAINING**  
Allie

7:00 - 7:50 PM  
**WARM VINYASA FLOW**  
Rachel

## TUESDAY

5:30 - 6:15 AM \$  
**HIIT STRENGTH**  
Cacey

8:00 - 8:50 AM  
**BARRE & PILATES FUSION**  
Rene

9:15 - 10:05 AM  
**INTERVAL STRENGTH TRAINING**  
Janeen

9:30 - 10:20 AM  
**AQUA BLAST**  
Sarah

5:30 - 6:15 PM \$  
**HIIT STRENGTH**  
Jackie

6:20 - 7:10 PM  
**ZUMBA**  
Michele

6:30 - 7:20 PM  
**SPIN**  
Selena

## WEDNESDAY

5:30 - 6:20 AM \$  
**BRAVO BOOTCAMP**  
Jim

5:30 - 6:20 AM  
**SPIN**  
Cacey



7:30 - 8:20 AM  
**GENTLE YOGA**  
Bill

8:20 - 8:30 AM  
**MEDITATION**  
Bill

9:00 - 9:45 AM \$  
**HIIT FULL BODY**  
Sarah

10:00 - 10:50 AM  
**FOREVER FIT**  
Glenna

5:30 - 6:15 PM \$  
**HIIT BOOTCAMP**  
Carrie

6:00 - 6:50 PM  
**BARRE**  
Janeen

## THURSDAY

5:30 - 6:15 AM \$  
**HIIT FULL BODY**  
Cacey

9:00 - 9:50 AM  
**PILATES**  
Glenna

9:50 - 10:00 AM  
**LOWER BODY**  
Glenna

9:30 - 10:20 AM  
**AQUA BLAST**  
Sharon

12:00 - 12:50 PM  
**INTERVAL STRENGTH TRAINING**  
Carrie

5:30 - 6:15 PM  
**BOXING CIRCUIT**  
Lucy

5:30 - 6:15 PM  
**BOOTY BARRE**  
Halyna

6:30 - 7:20 PM  
**ZUMBA**  
Lucy

6:30 - 7:20 PM  
**SPIN**  
Carrie

7:20 - 7:30 PM  
**CORE MAX**  
Carrie

## FRIDAY

5:30 - 6:20 AM \$  
**BRAVO BOOTCAMP**  
Jim

8:00 - 8:50 AM  
**GENTLE YOGA**  
Rachel

9:00 - 9:50 AM  
**SPIN**  
Sarah

10:00 - 10:50 AM  
**BEYOND FOREVER FIT**  
Sharon

12:00 - 12:50 PM  
**MYOFASCIAL AND FLOW**  
Kelley



ENJOY TEN MORE MINUTES OF FOCUSED FITNESS

## SATURDAY

7:30 - 8:45 AM  
**THERAPEUTIC YOGA**  
Kelley

8:00 - 8:45 AM \$  
**HIIT STRENGTH**  
Allie

9:00 - 9:50 AM  
**BOXING CIRCUIT**  
Lucy

9:00 - 10:15 AM  
**GENTLE YOGA**  
Kelley

10:30 - 11:20 AM  
**ZUMBA**  
Lucy

## SUNDAY

8:00 - 8:45 AM \$  
**HIIT FULL BODY**  
Marcella

9:00 - 9:50 AM  
**SPIN**  
Marcella

9:00 - 9:50 AM  
**POWER SCULPT**  
Glenna

10:00 - 10:50 AM  
**PILATES**  
Emily

# GROUP FITNESS CLASS SCHEDULE

EFFECTIVE 10-1-24



**MIND/BODY** Yoga ---> Mind/Body Studio  
Barre ---> Group Fitness

**SPIN** Expanded Fitness Area

**AQUA** Lap Pool **HIIT** HIIT ---> HIIT Area, BRAVO ---> Gymnasium or Outside

**CARDIO/STRENGTH** Zumba & Forever Fit ---> Group Fitness Room  
Boxing Circuit & Spin ---> Expanded Fitness Area  
Beyond Forever Fit ---> HIIT Area

**Note:** Classes may vary in duration slightly based on instructor's discretion.



TheClubPS.com

# Class Descriptions

HITT CLUB classes are for HITT Club members only and require a monthly fee for unlimited classes. All fitness levels welcome.

Please arrive 5 minutes before class.

Contact Membership to upgrade!

## \$ BRAVO BOOTCAMP

An encouraging, positive, team environment where everyone works together and no one is left behind. Each workout is designed to challenge all fitness levels with a mix of strength and cardiovascular exercises consisting of push-ups, sit ups, pull ups, squats, running/walking and more to increase endurance, power and strength!

## \$ HITT BOOTCAMP

This fast moving and fun class will challenge participants to give their best effort but encourage them to work at their own pace featuring everything from pushups, burpees, seds and flipping tires!

## \$ HITT FULL BODY

Participants engage in a series of total body cardio and strength exercises reaching max effort with brief periods of rest in-between. The purpose of this class is to keep the heart rate consistently elevated in different target zones.

## \$ HITT STRENGTH

Move quickly from body weight moves to using weights and other fun accessories! This dynamic workout uses varied tempos and resistance to challenge your whole body.

## SPIN

Intense group cycling class working both aerobically and anaerobically. An action packed ride that simulates real road conditions and is the ultimate calorie burner. Arrive 5 min. prior.

## SPIN MIX

Combines indoor cycling fundamentals with weights and pulsing music that will make you move! Body sculpting sections that will give you a full-body cycle workout. Arrive 5 minutes prior.

## AQUA BLAST

Get stronger and leaner with little impact on your joints using water resistance, aquatic dumbbells, noodles, steps and more. Come jump, kick and splash your way through this energizing class. Set to music and all fitness levels welcome.

## PILATES

Link the mind and body through this core strengthening mat class. Techniques improve posture and alignment while increasing flexibility and range of motion.

## BARRE

Strengthen the entire body, focusing on alignment and posture to improve balance, coordination, stability, strength and overall function. Most movements will use bodyweights but also incorporate equipment such as light dumbbells, mini ball and flat resistance band.

## POWER YOGA

Focuses on building strength using challenging Vinyasa sequence that's adaptable to all levels.

## LEVEL 1 YOGA

Enhance your balance both physically and mentally, increase strength, and gain flexibility while learning the fundamentals of Yoga. This class builds on the basics through focus, poses, and meditation.

## RESTORATIVE YOGA

A gentle, still style of yoga that involves passive holds. Poses are supported by props to enhance and deepen the state of total relaxation and release.

## GENTLE YOGA

Focus on breath and body to improve health, emotional balance and mental clarity. All levels welcome.

## WARM VINASA FLOW

You will be guided through a series of poses designed for strength and flexibility. Bring a towel and a water bottle.

## THERAPEUTIC YOGA

Combine the flow of Vinyasa with the longer holds of Hatha, emphasizing peace and calm in the body/mind. Find the space within poses while retaining gentle movements.

## MYOFASCIAL AND FLOW YOGA

This class will be myofascial release techniques within the yoga sequences rehydrating the fascia, we can open up and find more functionality in the poses.

## FOAM ROLLING / CORE STRETCH

By using the foam roller you not only target your abs, but also your arms, back and balance. Come in, unwind and stretch, this class will focus on the breathe, mind and body connection.

## BOOTY BARRE

Combining the elegance of Barre techniques with powerful strength training, this class targets your core, glutes, and inner thighs to sculpt long, lean muscles. Enjoy a dynamic & fun session with provided equipment like balls and gliders, ensuring an engaging and effective fitness experience. Join us and feel the burn!

## BARRE & PILATES FUSION

Lengthen & strengthen your arms and legs using isometric movements then go to the mat with Pilates to improve flexibility & build core strength.

## FOREVER FIT

This safe and effective fitness class will help build density while improving endurance, strength, flexibility and balance. Great class to kick-start your new or improved fitness lifestyle.



HITT CLUB AQUA MIND / BODY CARDIO / STRENGTH

RESERVE YOUR SPOT IN CLASS WITH THE MYZONE APP!

SCAN THE CODE BELOW AND FOLLOW THE WALKTHROUGH INSTRUCTIONS.



- TRX CIRCUIT** This is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. This class will use free-weights and the TRX suspension strap to give you a full body workout.
- BEYOND FOREVER FIT** All that you love about Forever Fit class PLUS explore the new fitness area and expand your fitness knowledge. All fitness levels welcome.
- BOXING CIRCUIT** This circuit style boxing workout focuses on a variety of boxing drills including bag drills that build speed, punching power, accuracy and technique. This class is designed to provide a great cardio and full body workout for all fitness levels while developing/fining tuning boxing fundamentals.
- INTERVAL STRENGTH TRAINING** Moderate to fast paced class will work all of your muscle groups! Features a mix of free weights, bodyweight and functional and plyometric movements. Finish your class with a blast of core work.
- POWER SCULPT** Moderately paced fitness class combining cardio and compound strength training. This class will incorporate weights, med balls and step conditioning. Finish up with a blast of core work for a full body workout.
- ZUMBA** Get ready to sweat in this Latin flavor "fitness-party" class. Easy to follow, body energizing moves keep you motivated and inspired. A combination of fast and slow rhythms are used to sculpt and tone.