MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

5:30 - 6:15 AM HIIT STRENGTH Cacev

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

5:30 - 6:15 AM HIIT FULL BODY Cacey

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

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

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

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

9:00 - 9:50 AM **PILATES** 5:30 - 6:20 AM Glenna NEW! SPIN Cacev 9:50 - 10:00 AM

\$

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

9:00 - 9:50 AM

SPIN

Sarah

8:00 - 8:45 AM HIIT STRENGTH

9:00 - 9:50 AM **TRX CIRCUIT** Јое В.

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

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

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

TRAINING

Carrie

LOWER BODY

Glenna

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

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

Bill 9:30 - 10:20 AM **AOUA BLAST**

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

9:00 - 9:45 AM

10:00 - 10:50 AM **BEYOND FOREVER FIT** 12:00 - 12:50 PM INTERVAL Sharon **STRENGTH**

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

10:30 - 11:20 AM

8:00 - 8:45 AM

SUNDAY

HIIT FULL BODY

ZUMBA

Lucy

5:30 - 6:15 PM HIIT BOOTCAMP Carrie

Sarah 5:30 - 6:15 PM **HIIT STRENGTH**

HIIT FULL BODY Sarah 10:00 - 10:50 AM

FOREVER FIT

6:00 - 6:50 PM

BARRE

Janeen

Glenna

5:30 - 6:15 PM **BOXING CIRCUIT** 12:00 - 12:50 PM **MYOFASCIAL AND FLOW** Kelley

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

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

6:30 - 7:20 PM

Jackie

SPIN

Selena

5:30 - 6:15 PM HIIT BOOTCAMP Carrie

Lucy 5:30 - 6:15 PM

BOOTY BARRE Halvna

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

7:20 - 7:30 PM

CORE MAX

Carrie

6:30 - 7:20 PM SPIN Carrie

ENJOY TEN MORE MINUTES OF FOCUSED FITNESS

TEN MINUTE

STACKABLE

CLASSES

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

Marcella

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

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

INTERVAL STRENGTH TRAINING Allie

7:00 - 7:45 PM

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

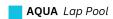
GROUP FITNESS CLASS SCHEDULE

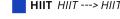
EFFECTIVE 10-1-24

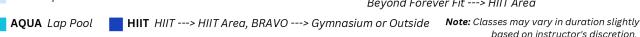
MIND/BODY Yoga ---> Mind/Body Studio Barre ---> Group Fitness

SPIN Expanded Fitness Area

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











a full body workout. use free-weights and the TRX suspension strap to give you flexibility, and core stability simultaneously. This class will uses body weight exercises to develop strength, balance, TRX CIRCUIT This is a form of suspension training that

fitness knowledge. All fitness levels welcome. Fit class PLUS explore the new fitness area and expand your **BEYOND FOREVER FIT** All that you love about Forever

levels while developing/fine tuning boxing fundamentals. to provide a great cardio and full body workout for all fitness punching power, accuracy and technique. This class is designed on a variety of boxing drills including bag drills that build speed, **BOXING CIRCUIT** This circuit style boxing workout focuses

Finish your class with a blast of core work. weights, bodyweight and functional and plyometric movements. class will work all of your muscle groups! Features a mix of free INTERVAL STRENGTH TRAINING Moderate to fast paced

with a blast of core work for a full body workout. incorporate weights, med balls and step conditioning. Finish up cardio and compound strength training. This class will POWER SCULPT Moderately paced fitness class combining

to sculpt and tone. and inspired. A combination of fast and slow rhythms are used class. Easy to follow, body energizing moves keep you motivated "Yirnesay to sweat in this Latin flavor "fitness-party"

WITH THE MYZONE APP! RESERVE YOUR SPOT IN CLASS

THE WALKTHOUGH INSTRUCTIONS. SCAN THE CODE BELOW AND FOLLOW



RESTORATIVE YOGA A gentle, still style of yoga that the basics through focus, poses, and meditation. learning the fundamentals of Yoga. This class builds on and mentally, increase strength, and gain flexibility while LEVEL 1 YOGA Enhance your balance both physically

release. enhance and deepen the state of total relaxation and involves passive holds. Poses are supported by props to

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

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

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

functionality in the poses. rehydrating the fascia, we can open up and find more to find more mobility and flexibility in the body. By myofascial release techniques within the yoga sequences MYOFASCIAL AND FLOW YOGA This class will be

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

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

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

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

AT PRAIRIE STONE TM

and posture to improve balance, coordination, stability, strength BARRE Strengthen the entire body, focusing on alignment alignment while increasing flexibility and range of motion. strengthening mat class. Techniques improve posture and PILATES Link the mind and body through this core this energizing class. Set to music and all fitness levels welcome. steps and more. Come jump, kick and splash your way through

your joints using water resistance, aquatic dumbbells, noodles, no tosqmi bittil hitu neanel leaner with little impact on

sculpting sections that will give you a full-body cycle workout.

conditions and is the ultimate calorie burner. Arrive 5 min. prior.

and anaerobically. An action packed ride that simulates real road

uses varied tempos and resistance to challenge your whole body.

using weights and other fun accessories! This dynamic workout

HIIT STRENGTH Move quickly from body weight moves to

keep the heart rate consistently elevated in different target

body cardio and strength exercises reaching max effort with

\$ HIIT FULL BODY Participants engage in a series of total

them to work at their own pace featuring everything from

of push-ups, sit ups, pull ups, squats, running/walking and

with a mix of strength and cardiovascular exercises consisting

behind. Each workout is designed to challenge all fitness levels

environment where everyone works together and no one is left \$ BRAVO BOOTCAMP An encouraging, positive, team

Contact Membership to upgrade!

Please arrive 5 minutes before class.

classes. All fitness levels welcome.

only and require a monthly fee for unlimited

HIIT CLUB classes are for HIIT Club members

HIIT BOOTCAMP This fast moving and fun class will

more to increase endurance, power and strength!

challenge participants to give their best effort but encourage

pushups, burpees, sleds and flipping tires!

brief periods of rest in-between. The purpose of this class is to

SPIN Intense group cycling class working both aerobically

weights and pulsing music that will make you move! Body

SPIN MIX Combines indoor cycling fundamentals with

Arrive 5 minutes prior.

and flat resistance band. also incorporate equipment such as light dumbbells, mini ball and overall function. Most movements will use bodyweights but

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