

MONDAY

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

8:00 - 8:50 AM
GENTLE YOGA
Gina

9:00 - 9:50 AM
BARRE
Glenna

9:30 - 10:20 AM
AQUA BLAST
Bridgitt

10:00 - 10:50 AM
FOREVER FIT
Glenna

11:00 - 11:50 AM
CHAIR YOGA
Gina

4:30 - 5:20 PM
SPIN
Selena

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

6:00 - 6:50 PM
BARRE
Janeen

6:45 - 7:35 PM
BOLLYWOOD
Arthi

7:00 - 7:50 PM
INTERVAL STRENGTH TRAINING
Janeen

TUESDAY

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

8:00 - 8:50 AM
BARRE & PILATES FUSION
Janeen

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

5:25 - 6:15 PM
STEP & STRENGTH
Glenna

6:20 - 7:10 PM
ZUMBA
Michele

TEN MINUTE STACKABLE CLASSES



AQUA Lap Pool

SPIN Expanded Fitness Area

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

WEDNESDAY

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

5:30 - 6:20 AM
SPIN
Cacey

7:30 - 8:20 AM
GENTLE YOGA
Agnes

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

10:00 - 10:50 AM
FOREVER FIT
Glenna

4:30 - 5:20 PM
SPIN & SCULPT
Sarah

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

6:00 - 6:50 PM
BARRE
Janeen

7:00 - 7:50 PM
INTERVAL STRENGTH TRAINING
Allie

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 - 6:20 PM
YOGA for STRESS & ANXIETY
Gina

6:20 - 6:30 PM
MEDITATION
Gina

6:30 - 7:20 PM
ZUMBA
Lucy

6:30 - 7:20 PM
SPIN
Carrie

FRIDAY

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

8:00 - 8:50 AM
PILATES YOGA FUSION
Glenna

9:00 - 9:50 AM
SPIN
Sarah

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

11:00 - 11:50 AM
GENTLE YOGA /MYOFASCIAL
Gina

SUNDAY

8:00 - 8:45 AM \$
INDOOR / OUTDOOR HIIT
Allie

8:00 - 8:50 AM
SLOW FLOW YOGA
Agnes

9:00 - 9:50 AM
POWER SCULPT
Glenna

10:00 - 10:50 AM
PILATES
Emily

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

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

HIIT HIIT --> HIIT Area, BRAVO --> Gymnasium or Outside

Class Descriptions



HIIT CLUB



AQUA



SPIN



MIND / BODY



CARDIO / STRENGTH

HIIT CLUB classes are for HIIT 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!

\$ HIIT 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, sleds and flipping tires!

\$ HIIT 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.

\$ HIIT 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 & SCULPT 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.

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.

CHAIR YOGA Chair yoga is a gentle, yet effective practice designed for all ages and mobility levels, especially seniors, individuals recovering from injury, or anyone seeking a more accessible way to stay active and centered.

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

SLOW MOTION YOGA This class will focus on proper alignment as we move thru slow flow sequence. We will purposefully slow down the standard moves of a flow yoga class to access the small stabilizing muscles that need to engage to keep our practice safe and strong.

SLOW FLOW Breath-centered yoga combining slow flow and Yin postures for balance, flexibility, and deep relaxation. Move mindfully, connect with your breath, and release tension at a gentle pace. All levels welcome.

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

PILATES YOGA FUSION Deep focus on core work while combining the flow and stretching aspects of yoga. Mind-body strength training will also be incorporated for toning and metabolic enhancement.

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.

YOGA for STRESS/ANXIETY Pranayama breath-work technique, relaxing the mind away from the worries of the day. Then we move into a gentle yoga sequence emphasizing gentle stretching to encourage your muscles to relax and promote body awareness.

STEP & STRENGTH Get your heart pumping and muscles burning in this high energy combo class! You'll move through dynamic cardio routine using the step to boost endurance, then shift into targeted resistance exercises using dumbbells, resistance bands, or bodyweight.

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.

BOLLYWOOD Bollywood is a high-energy dance-based full body workout that incorporates different styles and dynamic choreographies from Bhangra to Bollywood Film music. It makes the heart-rate travel from high-intensity intervals to medium and slower pace based on the beat and rhythm. Fun, high energy cardio workout and modifications.

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.

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/fine 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.

RESERVE YOUR SPOT IN CLASS WITH THE MYZONE APP!

SCAN THE CODE BELOW AND FOLLOW
THE WALKTHROUGH INSTRUCTIONS.
FACILITY CODE: **PSSWUS001** (case sensitive)



The **CLUB**
AT PRAIRIE STONE™