GROUP FITNESS CLASS SCHEDULE

EFFECTIVE 10-1-26

TheClubPS.com

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*
- 10:50 - 11:40 AM **TAI CHI** *Yvonne* NEW!
- 5:30 - 6:15 PM $ **HIIT STRENGTH** *Jackie*
- 5:25 - 6:15 PM **STEP & STRENGTH** *Glenna*
- 6:20 - 7:10 PM **ZUMBA** *Lucy*

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 **STRICTLY STRENGTH** *Sarah* NEW!
- 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 - 10:00 AM **PILATES / 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 - 6:30 PM **YOGA for STRESS with MEDITATION** *Gina*
- 6:30 - 7:20 PM **SPIN** *Carrie*
- 6:45 - 7:35 PM **BOLLYWOOD** *Arthi* NEW!

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*

SATURDAY

- 7:30 - 8:45 AM **SLOW MOTION YOGA** *Gina*
- 8:00 - 8:45 AM $ **HIIT STRENGTH** *Allie*
- 9:00 - 9:50 AM **BOXING CIRCUIT** *Lucy*
- 9:00 - 10:15 AM **GENTLE YOGA** *Shaza*
- 10:30 - 11:20 AM **ZUMBA** *Lucy*

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.*

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

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.

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 with MEDITATION 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.

TAI CHI A beautiful combination of exercises that incorporates deep breathing with flowing movement to promote relaxation, better balance, and an increased range of motion.

STRICTLY STRENGTH Build strength and confidence with weights and barbells while learning proper form and technique. Enjoy slow, controlled strength exercises with a focus on core stability.

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 WALKTHOUGH INSTRUCTIONS.
FACILITY CODE: PSSWUS001 (case sensitive)

The CLUB AT PRAIRIE STONE™