

# GROUP FITNESS SCHEDULE

## MAY 11-AUGUST 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Classes</b>				
	<b>Warrior Workout</b> Kim 7am-7:45am Room 1004		<b>Total Body + Strength</b> Kim 7am-7:45am Room 1004	
<b>Lunch Classes</b>				
<b>Butts &amp; Guts</b> Kristal 12pm-12:45pm 1004	<b>Total Body + Cardio</b> Decature 12pm-12:45pm Room 1004	<b>Total Body + Strength</b> Decature 12pm-12:45pm Room 1004	<b>Total Body + Strength</b> Decature 12pm-12:45pm Room 1004	<b>Power Pump</b> Kristal 12pm-12:45pm Room 1004
	<b>Pilates Fusion</b> Kristal 12pm-12:45pm 1009	<b>Les Mills Body Combat</b> Kristal 12pm-12:45pm 1009	<u><b>New Class</b></u> <b>Slow Flow Yoga</b> Annie 12pm-12:45pm 1009	<u><b>New Class</b></u> <b>Les Mills BodyBalance</b> Kaycie 12pm-12:45pm 1009
<b>Afternoon Classes</b>				
<b>Warrior Workout</b> Kim 5:15-6:00pm Room 1004	<b>Yin Yoga</b> Annie 5:15pm-6:15pm Room 1009	<b>Warrior Workout</b> Kim 5:15-6:00pm Room 1004	<b>Les Mills Tone</b> Darby 5:15pm-6:00pm Room 1004	

**Butts and Guts | Mondays, 12 p.m. in Room 1004 | Instructor - Kristal**

This class utilizes different pieces of equipment each week to build strength in your lower body and core. Each session combines traditional strength training with functional movements to tone and sculpt your core and lower body.

**Warrior Workout | Mondays, 5:15 p.m. & Tuesdays, 7 a.m. & Wednesdays, 5:15 p.m. in Room 1004 | Instructor - Kim**

Get ready to sweat, move, and unleash your inner warrior! This high-energy, full-body conditioning class blends strength, cardio, agility and endurance using a variety of equipment. Expect functional movements, creative circuits and non-stop motivation in a team-like atmosphere. Each session is designed to meet your fitness level, challenge your limits and leave you feeling powerful.

**Total Body + Cardio | Tuesdays, 12 p.m. in Room 1004 | Instructor - Decature**

Push your limits and elevate your energy in this high-intensity conditioning class that blends short, powerful cardio intervals with muscle-strengthening exercises for a complete, full-body challenge. Designed to boost cardiovascular endurance, burn calories and tone muscles, this workout keeps you moving with a variety of formats to keep things fresh and fun

**Pilates Fusion | Tuesdays, 12 p.m. in Room 1009 | Instructor - Kristal**

You'll engage in a full-body workout using light weights, resistance bands, and bodyweight exercises to build strength, improve stability, and support functional movement. This workout pairs traditional Pilates movements with weights, yoga, and barre to build a solid foundation while building strength and flexibility.

**Yin Yoga | Tuesdays, 5:15 p.m. in Room 1009 | Instructor - Annie**

This slower-paced class focuses on holding poses for longer periods, allowing your muscles to relax and promoting work on fascia and connective tissues. The result? Improved flexibility and a deeper sense of release.

**Total Body + Strength in Room 1004 | Wednesdays & Thursdays, 12 p.m. with Decature | Thursdays, 7 a.m. with Kim**

Ignite your strength training with this dynamic, full-body workout designed to challenge and empower you. In this class, we focus on large muscle group exercises: think squats, presses and rows, while incorporating targeted accessory movements to enhance balance, stability and overall muscular endurance. Whether you're looking to build lean muscle, improve functional strength, or simply feel stronger in everyday life, this session delivers a progressive approach that meets you where you are.

**Les Mills Body Combat | Wednesdays, 12 p.m. in Room 1009 | Instructor - Kristal**

This is a high-energy, martial arts-inspired fitness class that blends moves from karate, boxing, Muay Thai, and more. It is designed to build cardio fitness, core strength and coordination without actual fighting.

**Les Mills Tone | Thursdays, 5:15 p.m. in Room 1004 | Instructor - Darby**

This class combines strength, cardio and core training for a complete, functional workout that improves flexibility, balance, agility and strength. Each session uses bodyweight, resistance tubes, and weights, and it is suitable for all fitness levels with modifications.

**Slow Flow Yoga | Thursdays, 12 p.m. in Room 1009 | Instructor - Annie**

This class will guide you through each pose slowly, allowing time to stretch, improve flexibility, and recover. Whether you're a complete yoga beginner or using yoga to recover from intense workouts, this slow flow yoga practice is what you are looking for.

**Power Pump | Fridays, 12 p.m. in room 1004 | Instructor - Kristal**

This high-rep, low-weight strength class uses time under tension and muscle fatigue to sculpt and tone your entire body. The workout is set to a custom playlist designed to keep you motivated and push you to the next level.

**Les Mills BodyBalance | Fridays, 12 p.m in Room 1009 | Instructor - Kaycie**

This class builds functional strength, core stability, and flexibility by blending yoga, Tai Chi, and Pilates. It strengthens major muscle groups, specifically targeting the core, glutes, and back through controlled, flowing movements, enhancing posture and flexibility