



# Group Exercise Class Schedule

effective February 18, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>morning</b>						
	6:15-7:15am SUNRISE SWEAT AnnMarie				8:30-9:30am WEEKEND WARRIOR Kim	8:45-9:45am CARDIO FUSION Arielle
8:00-9:00am (M+) BARRE Nadia	9:00-10:00am PILATES FUSION Maria	8:30-9:30am (M+) BARRE Donna	9:00-10:00am FEMMEFUSION Kim	9:00-10:00am PILATES FUSION Arielle	9:30-10:30am ZUMBA® Lucia	9:00-10:00am (M+) RESTORATIVE YOGA Patrice
9:00-10:00am FEMMEFUSION Yael	10:00-11:00am TABATA Michele	9:30-10:00am CORE & MORE Michele	10:00-11:00am (M+) YOGA FLOW Mikki	10:00-11:00am KICKBOXING & SCULPT Michele	10:30-11:30am (M+) SOUL BODY BARRE™ Kim	10:00-11:00am FEMMEBOD Sunday
10:00-11:00am ZUMBA® Lucia	11:00-12:00pm GENTLE FITNESS Sunday	10:00-11:00am ZUMBA® Uhrsula	11:30-12:30pm BETTER BONES Kim	11:00-12:00pm GENTLE FITNESS Mikki		11:00-12:00pm ZUMBA® Nina
<b>evening</b>						
5:00-6:00pm FEMMEFUSION Kim	5:30-6:30pm ZUMBA® Uhrsula	5:00-6:00pm TABATA Donna	5:30-6:30pm FEMMEBOD CIRCUIT Melissa	<ul style="list-style-type: none"> <li>• Mind Body Plus classes are indicated by a (M+) and highlighted</li> <li>• Classes and instructors are subject to change based on operational needs, class attendance and member feedback</li> <li>• Please check the "live" class schedule at <a href="http://www.myfemmeFIT.com">www.myfemmeFIT.com</a> for the most up to date changes</li> <li>• Minimum of 3 participants is required for a class to take place</li> <li>• If you are new to group exercise, please introduce yourself to the instructor</li> <li>• In order to prevent injury, please do not enter a class more than 10 minutes late, or leave before stretching or properly cooling down</li> <li>• Cell phone use is permitted in the lobby only, and should be off or on silent mode while in the facility</li> </ul> <p>HOURS: Monday &amp; Wednesday 7:00am – 9:30pm Tuesday &amp; Thursday 6:00am – 9:30pm Friday 7:00am – 6:30pm Saturday &amp; Sunday 8:00am – 2:00pm</p>		
6:00-7:00pm (M+) YOGA FLOW Melissa	7:00-8:00pm STRONG™ Kim	6:00-7:00pm 20/20/20 Yael	6:00-7:00pm (M+) BARRE Nadia			
7:00-7:30pm CORE & MORE Nina	7:00-8:00pm (M+) BARRE Nadia	7:00-8:00pm ZUMBA TONING® Nina	6:30-7:30pm ZUMBA® Ajel			
7:30-8:30pm ZUMBA® Nina	8:00-9:00pm ZUMBA® Ania	8:00-9:15pm (M+) IYENGAR YOGA Colleen	7:30-8:30pm KETTLEBELL BLITZ Yael			
<p align="center"><b>Spin, stretch or tone with FIT TV</b> Ask a team member to help you choose your class 'on demand'</p>						

## GROUP EXERCISE CLASS DESCRIPTIONS

**20/20/20:** Maximize your time with three of your favorite formats in one class. Sweat through 20 minutes of cardio, 20 minutes of strength exercises, and 20 minutes of core work, all in one effective workout

**Better Bones:** A low impact, total strength class for the beginner or seasoned exerciser using light weights, bands, chairs and more

**Core & More:** Build core strength and stability, healthy back muscles and more in this express class. Challenge stubborn fat, muffin tops, and love handles!

**FemmeBod/FemmeBod Circuit:** Foundational, total body strength conditioning using a variety of exercise equipment

**FemmeFusion:** A class that creatively combine interval and functional training methods and equipment for a total body strength and cardio workout

**Gentle Fitness:** An effective and fun class designed for beginners and active older adults to improve strength, flexibility and balance in a safe environment

**Kettlebell Blitz:** Get faster results for strength, endurance and muscle toning by incorporating kettlebells into this dynamic workout

**Kickboxing & Sculpt:** An upbeat and challenging cardio workout starting with traditional kickboxing and ending with toning and core work

**Pilates Fusion:** Everything you love about pilates with a more challenging and athletic approach incorporating light hand weights

**Strong™:** A high intensity interval training format that combines body weight, muscle conditioning, cardio and plyometric training moves synced to motivating music

**Sunrise Sweat:** Challenge your body with intervals of strength, cardio work and core exercises. A great way to start your day!

**Tabata:** Get your heart rate up in this fat burning, high-intensity workout typically with sets of fast-paced exercises for 20 seconds each, and rest in between

**Weekend Warrior:** Interval style format that alternates cardio, H.I.I.T (High Intensity Interval Training) and strength rounds into one, super efficient workout

**Zumba®:** Ditch the workout, join the party! Come party with us in this high-energy dance fitness class inspired by Latin rhythms and international music

**Zumba Toning®:** Zumba with added resistance using toning stick, light weights, bands and more to tone target zones, including arms, core and lower body

## MIND BODY PLUS CLASSES

**Barre:** Sculpt, tighten and strengthen your entire body with pilates and ballet infused moves using a fixed barre and exercise equipment such as mini-balls and light hand weights

**Restorative Yoga:** A gentler form of yoga designed to reduce stress and increase balance in the body and mind while stretching

**Soul Body Barre™:** Invigorating full body workout with a more athletic approach uses principles of pilates, yoga, and interval strength training to transform your body by building power, grace, and stamina

**Yoga Flow:** A Vinyasa-inspired class focusing on the connection between mind, body and breath, with emphasis on core strength, flexibility and balance

**Iyengar Yoga:** Through its focus on alignment, this yoga format strengthens the muscles of the body responsible for posture, such as legs, back and core