Group Fitness Training Sports Barn Downtown

SUMMER SCHEDULE Starting May 15



PHONE 266-1125

LEGEND

WF - INTRO/WELLFIT

Freesry Le Carbon 6:007:00 a.m. Power Flex 6:007:00 a.m. Mat Mix 6:007:00 a.m. Power Flex 6:007:00 a.m. Power Flex 6:007:00 a.m. Mat Mix 7:35-8:30 a.m. Freestyle Power Flex w/Mat Mix 7:35-8:30 a.m. Freestyle Power Flex w/Mat Mix 7:35-8:30 a.m. Freestyle Power Flex w/Mat Mix 7:35-8:30 a.m. K-Flex 8:00-7:00 a.m. K-Flex 8:00-7:00 a.m. Mat Mix 7:35-8:30 a.m. Power Flex 8:30-9:15 a.m. BOSU Fusion 8:30-9:15 a.m. Power Flex 8:30-9:30 a.m. K-Flex 9:30-10:15 a.m. Stroller Strides 7:30-0:13 0 p.m. Power Flex 9:30-10:15 a.m. Mat Mix 7:55-8:0 p.m. Power Flex 8:30-9:30 a.m. Power Flex 8:30-9:30 a.m. Power Flex 9:30-10:15 a.m. Power Flex 10:30-11:15 a.m. Mat Mix 7:55-5:0 p.m. Power Flex 9:30-10:30 p.m. Power Yoga GFT Floor noom-1:00 p.m. Power Yoga GFT Floor noom-1:00 p.m. Power Yoga GFT Floor noom-1:00 p.m. Power Yoga GFT Floor noom-1:00 p.m. Friday Night Friday Night Friday Night Family Workout Friday Night family Workout Washboard Abs 5:15-5:30 p.m. Silbes Canter 5:30-6:30 p.m. Power Flex 4:30-5:15 p.m. Yoga GFT Floor noom-1:00 p.m. Friday Night family Workout Aminimum of eight participants is required for a class to be continued. Stabeard Abs 5:15-5:30 p.m. Silbes Canter 5:30-6:30 p.m. Power Stap m. Frem rows information contact Teresa Potts Wade teresa_wade@sports-barn.com	Monday	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY
Mat Mix Fiex w/Mat Mix 9:00-10:30 a.m. The Studio" 8:30-9:15 a.m. Power Flex 8:30-9:15 a.m. 8:30-9:30 a.m. Power Flex 8:30-9:15 a.m. BOSU Fusion 9:30-10:15 a.m. 9:30-10:15 a.m. Power Flex 8:30-9:10 a.m. 9:30-10:15 a.m. BOSU Fusion 9:30-10:15 a.m. 9:30-10:15 a.m. Power Flex 8:30-9:10 a.m. 9:30-10:15 a.m. Power Flex Noon-1 p.m. Power Flex Noon-1 p.m. Flex w/Mat Mix Power Yoga Lifestyle Center Vashboard Abs 5:15-5:15 p.m. Vashboard Abs 5:15-5:3 p.m. S:15-5:15 p.m. Flex Strides Vashboard Abs S:15-5:3 p.m. S:15-5:3 p.m. S:30-6:35 p.m. Washboard Abs S:15-5:3 p.m. S:15-5:15 p.m. S:30-6:35 p.m. Washboard Abs S:15-5:3 p.m. S:15-5:3 p.m. S:30-6:35 p.m.						
"The Studio" 8:30-9:30 a.m. 8:30-9:15 a.m. 8:30-9:30 a.m. Stroller Strides 9:30-10:15 a.m. "See based class* 9:30-10:15 a.m. "Sculpt & Sweat 10:30-11:15 a.m. 9:30-10:30 p.m. Power Flex 10:30-11:15 a.m. Sculpt & Sweat 9:45-11:00 a.m. Beginning Power Yoga GFT Floor noon-1:00 p.m. Noon-1 p.m. Yeiga Vashboard Abs 5:15-5:30 p.m. S:30-6:35 p.m. Yeiga Washboard Abs 5:15-5:30 p.m. S:30-6:35 p.m. Side Controm Washboard Abs S:15-5:30 p.m. S:15-5:30 p.m. Side Controm Side Strides Pilates Floor Work S:30-6:35 p.m. Side Controm Side Strides Pilates Floor Work S:30-6:35 p.m. Side Controm Side Strides Pilates Floor Work S:30-7:00 p.m. Side Controm S:30-7:00 p.m. Side Controm Side Strides Pilates Floor Work S:30-7:00 p.m. Side Controm S:30-6:35 p.m. Side Controm		Flex w/Mat Mix		Flex w/Mat Mix		9:00-10:30 a.m.
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Lifestyle Center 4:30-5:15 p.m. X-Flex Friday Night Power Flex 5:15-6:15 p.m. Washboard Abs 4:30-5:15 p.m. Friday Night Washboard Abs 5:15-5:30 p.m. BOSU Boot Camp Lifestyle Center 5:15-6:15 p.m. Kick & Condition 5:30-6:45 p.m. BOSU Boot Camp Lifestyle Center 5:15-5:30 p.m. Step Pilates Floor Work Yoga Lifestyle Center S:30-6:30 p.m. Lifestyle Center S:30-6:30 p.m. Lifestyle Center S:15-5:30 p.m. Step Pilates Floor Work Lifestyle Center S:30-7:00 p.m. S:30-6:30 p.m. S:30-7:00 p.m. S:30-6:45 p.m. A minimum of eight participants is required for a class to be continued. For more information contact Teresa Potts Wade Teresa Potts Wade						
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Step 5:45-7:00 p.m. Sign - 5:30 - 7:00 p.m. Sign - 5:30 - 7:00 p.m. For more information contact 5:30-6:30 p.m. 5:30-6:30 p.m. 5:30-7:00 p.m. 5:30-7:00 p.m. 5:30-7:00 p.m.			Yoga			
Step Image: Step Choreography Image: State of the s					required for a cla	ss to be continued.
5:30-6:30 p.m.					For more infor	mation contact

INTRO GFT/Wellfit & GRANDMASTERS SENIORS CLASSES GM- GRANDMASTERS/SENIORS

LEGEND

Monday	Tuesday	WEDNESDAY	Thursday	Friday
Group Exercise for Fit	Circuit Training	Group Exercise for Fit	Circuit Training	Group Exercise for Fit
Seniors	Fitness Center	Seniors	Fitness Center	Seniors
GFT Floor GM	6:00-7:00 a.m.	GFT Floor GM	6:00-7:00 a.m.	GFT Floor GM
8:30-9:30 a.m.	Circuit Training	8:30-9:30 a.m.	Circuit Training	8:30-9:30 a.m.
Intro Power Flex	Fitness Center	Intro Power Flex	Fitness Center	
"The Studio" WF	12:05-1:00 p.m.	"The Studio" WF	12:05-1:00 p.m.	
5:30-6:00 p.m.	4th Tuesday @ 5:30	5:30-6:00 p.m.	WF/B2B Circuit Class	
Lower Body	Free Nutrition Lecture	Lower Body	& Basic Step	
Conditioning w/Abs "The Studio" WF 6:00-6:30 p.m.		Conditioningw/Abs "The Studio" WF 6:00-6:30 p.m.	"The Studio" WF 5:30-6:30 p.m.	



SUMMER CYCLIN' SCHEDULE

Downtown

Monday	TUESDAY	WEDNESDAY	THURSDAY	Friday	Saturday
Interval Cyclin' 6:00-7:00 a.m.	Strength Cyclin' 6:00-7:00 a.m.	Interval Cyclin' 6:00-7:00 a.m.	Endurance Cyclin' 6:00-7:00 a.m.	Cyclin w/Flexible Strength 6:00-7:00 a.m.	Endurance Cyclin' 7:00-8:00 a.m.
	Interval Cyclin' 8:30-9:30 a.m.		Strength Cyclin' 8:30-9:30 a.m.	Cyclin' 9:30-10:30 a.m.	Race Day 9:00-10:00 a.m.
	Interval Cyclin' Noon-1:00 p.m.			Strength Cyclin' Noon-1:00 p.m.	
Athletic Workout 5:30-6:30 p.m.	Athletic Workout 5:45-6:45 p.m.	Athletic Workout 5:30-6:30 p.m.	Cyclin w/Flexible Strength 5:45-6:45 p.m.		

STRENGTH CYCLIN'		(Heart Rate 75-85%)
INTERVAL CYCLIN':	Flats, hills, acceleration drills and jumps	(Heart Rate 65-92%)
RACE DAY:	A solid aerobic base must be built	(Heart Rate 80-92%)

ATHLETIC WORKOUT:......Mimics an outdoor workout

Cvclin: w/Flexible Strength	50 Min Cyclin' with 10 min flexible strength wa	nk

GROUP FITNESS & GRANDMASTERS' SENIORS' CLASS DESCRIPTIONS

BACK 2 BASICS GROUP:

DESIGNED TO INTRODUCE NEW EXERCISERS TO ALL ASPECTS OF FITNESS., ORGANIZED IN A GROUP SETTING.

BOSU FUSION:

 $25\ \text{Minutes Cardio}/25\ \text{Minutes Body Sculpting utilizing the}$ BOSU ball for all components

CARDIO FUSION:

INTERMEDIATE CARDIO CLASS ALLOWING YOU TO SAMPLE: 15 min each of step, kickboxing and bosu ball.

CIRCUIT TRAINING:

Combines cardiovascular exercise and strength training in one class.

FREESTYLE CARDIO:

A variety of cardiovascular workouts to include: interval step, speed walking, running, endurance training.

Group Exercise for Fit Seniors:

 $\ensuremath{\mathsf{INCREASE}}$ STRENGTH, FLEXIBILITY, BALANCE, COORDINATION, AND POSTURE

KICK AND CONDITIONING:

Cardio kick boxing combined with athletic muscle conditioning-get ready to sweat!

MAT MIX/MAT MIX FOR SENIORS:

COMBINATION OF MAT MIX AND PILATES BASED MAT WORKOUT WITH CALISTHENICS ADDED. BEGINNER'S CLASS WHERE INDICATED.

PILATES FLOOR WORK:

TRADITIONAL PILATES BASED WORKOUT

POWER FLEX:

INCORPORATING THE SCIENCE OF RESISTANCE TRAINING THROUGH THE USE OF VARIABLE WEIGHT BARBELLS. THE EXERCISES ARE PERFORMED TO MUSIC IN A GROUP SETTING. POWER FLEX IS THE PERFECT UNION OF MUSCLE AND MUSIC. IT IS A BARBELL WORKOUT WITH EMPHASIS ON MUSCULAR STRENGTH AND ENDURANCE.

Power Yoga:

 $More \ \text{intensive style of yoga taught in an athletic format.}$

SCULPT & SWEAT:

 $75\ \text{minute}$ workout combining cardio movements with sculpting work. Get it all in $75\ \text{minutes}!$

STRETCH & FLEX:

ATHLETIC STRETCHING CLASS TO PREPARE YOU FOR YOUR NOON WORKOUT

* STROLLER STRIDES:

Fee based workout for moms $\&\ {\mbox{children}}. \ {\mbox{Stroller}}$ based workout.

WASHBOARD ABS:

This is a 15 minute class dedicated to the abdominals. Come prepared!

X-FLEX:

Kick boxing, step and athletic conditioning mixed & matched with intense chunks of muscle pumping resistance sets.

Yoga:

TRADITIONAL YOGA ASANAS PRACTICED IN UNION WITH BREATH WITH EMPHASIS ON REPETITION AND STRENGTH