

GROUP FITNESS SCHEDULE EFFECTIVE 2/27/22

REGISTRATION IS REQUIRED FOR ALL CLASSES LIVESTREAM AND RECORDED CLASSES AVAILABLE ON DAXKO

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|--|--|---|---|---|---|
| 5:30 AM | | | SPRINT + CORE CYCLE STUDIO RYAN 5:30 - 6:15 | BODYPUMP STUDIO 1 TONY 5:30 - 6:15 | TABATA STUDIO 1 RYAN 5:30 - 6:15 | CYCLE CYCLE STUDIO RYAN 5:30 - 6:15 | |
| 7:30 AM | | CYCLE CYCLE STUDIO KAREN 7:30 - 8:15 | BOXING CIRCUIT STUDIO 1 BEN 7:30-8:15 | CYCLE CYCLE STUDIO BRONWEN 7:30 - 8:15 | | RHYTHM RIDE CYCLE STUDIO SUE 7:30 - 8:15 | |
| 8:30 AM | BODYCOMBAT STUDIO 1 CRIS 8:30 - 9:15 | FUSION LITE STUDIO 1 SARAH 8:30 - 9:15 | AQUAFIT POOL KATHLEEN 8:30 - 9:30 | AQUAFIT BOOTCAMP POOL KATHLEEN 8:15 - 9:15 | AQUAFIT POOL CAROLYN 8:30 - 9:30 | AQUAFIT POOL KATHLEEN 8:30 - 9:30 | AQUAFIT POOL BEN 8:30 - 9:15 |
| | CYCLE CYCLE STUDIO DORE 8:30 - 9:15 | CARDIO STRENGTH MIXER STUDIO 1 KATHLEEN 8:30 - 9:15 | CIRCUIT TRAINING STUDIO 1 BRONWEN 8:30 - 9:15 | BODYPUMP STUDIO 1 BRONWEN 8:30 - 9:15 | CIRCUIT TRAINING STUDIO 1 SUE 8:30 - 9:15 | BODYPUMP STUDIO 1 SUE 8:30 - 9:15 | BODYPUMP STUDIO 1 TONY 8:30 - 9:15 |
| 9:30 AM | YOGA STUDIO 3 AMY 9:30 - 10:30 | BODYPUMP STUDIO 1 SUE 9:30 - 10:15 | BODY FLOW STUDIO 3 SARAH 9:30 - 10:15 | POWER YOGA STUDIO 3 AMY 9:30 - 10:30 | YOGA BASICS STUDIO 3 AMY 9:30 - 10:30 | YOGA STUDIO 3 HEATHER 9:30 - 10:30 | CYCLE CYCLE STUDIO TONY 9:30 - 10:15 |
| | AQUAFIT POOL DORE 9:30 - 10:20 | | | | CARDIO STRENGTH MIXER STUDIO 1 KATHLEEN 9:30 - 10:15 | | YOGA STUDIO 3 AUBREY 9:30 - 10:30 |
| | ZUMBA STUDIO 1 MARISA 9:30 - 10:15 | | | | | | BOXING CIRCUIT STUDIO 1 BEN 9:30 - 10:15 |
| 10:30AM | | | RECOVERY RX STUDIO 3 HEATHER 10:30 - 11:15 | | | | |
| 4:30 PM | | | | ZUMBA STUDIO 1 MARISA 4:30 - 5:15 | | | |
| 5:00 PM | | | | AQUAFIT POOL CAROLYN 5:00 - 5:45 | | | |
| 5:30 PM | YOGA STUDIO 3 SARAH 5:30 - 6:30 | | | PILATES STUDIO 3 JAYNE 5:30 - 6:30 | | | |
| 6:00 PM | | BODYPUMP STUDIO 1 CRIS 6:00 - 6:45 | CYCLE/CORE CYCLE STUDIO SUE 6:00 - 6:45 | | | | |
| | | | GENTLE FLOW YOGA STUDIO 3 NIKKI 6:00 - 7:00 | | | | |
| 6:30 PM | | | | FUSION LITE STUDIO 3 SARAH 6:30 - 7:15 | BODYPUMP STUDIO 1 CRIS 6:30 - 7:15 | | |
| | | | | | YOGA STUDIO 3 CAROL 6:30-7:30 | | |
| 7:00PM | | BODYFLOW STUDIO 3 CRIS 7:00 -7:45 | | | | | |

| FITNESS KEY | INFO |
|---|--|
| <ul style="list-style-type: none"> STUDIO 1 CYCLE STUDIO STUDIO 3 POOL OUTDOORS LIVE STREAM | <ul style="list-style-type: none"> All classes 45min or 60min. Registration required. Limited spots available per class Register on the app. Livestream available for all classes in Studio 1 + Studio 3. |

CLASS DESCRIPTIONS

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AQUAFIT (POOL)

A total body workout that will get you running & kicking in the water.

AQUAFIT BOOTCAMP(POOL)

Advanced- High-intensity- high energy aquafit cardio workout.

BARRE/BARRE FUSION (STUDIO 3 or LIVESTREAM)

A class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training

BODYPUMP (STUDIO 1, LIVESTREAM, OR OUTDOORS)

A strength training class using barbells that focuses on endurance as well as strength. Light to moderate weight with high repetitions all choreographed to highly motivating music.

BODYCOMBAT (STUDIO 1 or LIVESTREAM)

An energy-packed mix of martial arts moves that will get you fit, fast and strong—and leave you feeling fierce and empowered.

BODYFLOW (STUDIO 3 or LIVESTREAM)

You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

BOXING CIRCUITS (STUDIO 1 OR LIVESTREAM)

Boxing Circuits is a fun, fast-paced workout focused on practical boxing skills and techniques while incorporating strength cardio and core movements for a total body workout. Learn real boxing skills and get in shape at the same time!

CARDIO DANCE (STUDIO 3 or LIVESTREAM)

Get your dance moves on with this class that includes elements of cardio, pilates, barre, ballet, and jazz! Enjoy some cardio dance that will get you energized, stretched, strengthened, and burning calories, all to fun music! Students will be led through each series of movements, so it's great for all levels.

CARDIO STRENGTH MIXER (STUDIO 1 OR LIVESTREAM)

A 45 minute mixture of cardio and strength done your way. You choose! Cardio with or without the step. Strength with or without weights. Effective, functional and fun!

CIRCUIT TRAINING (STUDIO 1 or LIVESTREAM)

An efficient workout that integrates strength, balance & cardio that will challenge your entire body

CYCLE (CYCLE STUDIO)

Challenging and rewarding workout on indoor bikes with inspiring music.

CYCLE CORE (CYCLE STUDIO + STUDIO 1)

30 minute high energy cycle ride followed by 15 minutes of core work.

FUSION LITE (STUDIO 3 OR LIVESTREAM)

Coming back to the club? Need a class to refresh and ease back into your new routine? This class will involve stretching, core, balance and light strength training.

GENTLE FLOW YOGA (STUDIO 3)

Unwind from the day in this light all-levels, gentle yoga flow. This class incorporates traditional flowing sequences to warm up the body, as well as slower paced movements to engage in alignment, balance, and flexibility.

PILATES (STUDIO 3 OR LIVESTREAM)

Strength and flexibility training focusing on the core and mind body awareness.

POWER YOGA (STUDIO 3 OR LIVESTREAM)

An energetic, athletic paced vinyasa flow. Focus on your breath, strength and using internal heat to build endurance. Complimentary movements for an active lifestyle.

RECOVERY RX

The class utilizes therapy balls, blocks, and functional movement to release adhesions, trigger points and scar tissue, hydrate tissues, improve lymph drainage, increase blood circulation to tissues and alleviate discomfort. With consistency, this work can correct postural patterns and speed up recovery. This class is primarily floor-based and is suitable for any level or body type. Beginner to experienced, if you have a body, this class is for you!

RHYTHM RIDE (CYCLE STUDIO)

This 45 minute ride is high energy and high -intensity. Rhythm based choreography will challenge your cardiovascular system as well as test your core strength. The ride will incorporate full body dynamic movements to push your limits using dumbbells, varied intervals, and multi-directional movements.

SPRINT + CORE (CYCLE STUDIO + STUDIO 1)

SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout on the bike followed by 15 minutes of core work.

TABATA (STUDIO 1, LIVESTREAM, OR OUTDOORS)

A high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

YOGA (STUDIO 3, LIVESTREAM, OUTDOORS)

High energy flow class moves at a brisk pace and incorporates all areas of practice: standing poses and balances, back bends, hip openers, arm balances, core toning and floor work.

YOGA BASICS

No yoga experience required. Basic and slow movements for your entire body. Simple postures, gentle stretching and learn different breathing techniques. Emphasis on a sound body and mind.

ZUMBA

A Latin-inspired dance fitness class with body-moving music make this a dynamic, exciting and effective fitness system. By combining varying rhythms that tone & sculpt, you achieve a balance of cardio and muscle toning benefits. Dance moves are easy to follow and may include salsa, meringue, hip-hop, calypso, cubia, quebradita, country, rock, flamenco, and belly dancing (to name a few!). Its exercise in disguise!