

DOWNTOWN - GROUP FITNESS - SPRING 2019

April 1st, 2019 - July 1st, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	Hells Bells Katrina - 55min 	Buff Body Alipasha - 55min 		Buff Body Alipasha - 55min 	Powerwave *NEW* Joanne - 55min 		
8:30AM						Buff Body Alipasha - 55min 	
12:05PM	The Works Dolores - 55min 	TABATA Trevor - 55min 	Hells Bells Dolores - 55min 	The Works Dolores - 55min 	Buff Body Shaiful - 55min 		
1:10PM	3D Core 1:00PM - Dolores - 30min 	The Works Joanne - 55min 	3D Core 1:00PM - Dolores - 30min 	TABATA Katrina - 55min 	3D Core 1:00PM - Shaiful - 30min 		
4:30PM	Powerwave ^T Tim - 55min 	Axle Loaded ^T Ryan - 55min 	Hells Bells Tim - 55min 	Cardio Chaos Tim - 55min 			
5:30PM	B-Lift ^T Tim - 55min 	The Works Dolores - 55min 	Circuit 60 *NEW* Tim - 55min 	B-Lift ^T *NEW* Shaiful - 55min 	Axle Loaded ^T 5:00PM - Shaiful - 55min 		
6:30PM		3D Fit *New* Mat - 55min 	Zumba! [®] Kane - 55min 	The Works Ryan - 55min 	Zumba! [®] Thais - 55min 		

*Please note schedule may be subject to change without notice.

TIME

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Legend

Strength



Cardio



Cycle



Aqua



Yoga & Stretch



Ticket required for this class. Tickets are available at front desk 30min prior to class start time.
Hold onto your ticket until the class instructor collects it.

DOWNTOWN CLASS DESCRIPTIONS

Included Classes

3D Core Better back health and a sculpted 6-pack is achieved through effective conditioning of all three layers of core muscles. Using a variety of strength and stability tools, this class targets your core like never before. Finish with a delicious full body stretch.	Axle Loaded You've tried Axle Full Body for a total conditioning challenge, now get ready for serious lifting! Axle Loaded focuses on developing power (speed x strength) and introduces weight plates from 2.5-10lbs for gradual but intense power training. Here's to major muscles in 2019!
TABATA Touted as "the world's greatest fat burning workout", Tabata is a simple yet effective interval training technique designed to boost the body's calorie burning mechanisms.	Zumba!@ Zumba! fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a kind fitness class that will blow you away. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Specialty Class, accessible to Level 2/3 members only.
The Works A power-packed circuit class using all kinds of cardio and resistance training in an interval style. Suitable for all levels and no workout is ever the same. Guaranteed to be boredom-proof!	Circuit 60 Happy 60th Birthday to us! Celebrate with this unique circuit workout: 6 stations filled with challenging drills to perform for 60 seconds or 60 reps shared amongst your team. Be sure to get in your retro cardio between rounds for maximum sweat and fantastic results. Here's to the next 60!
3D Fit An integrated approach to developing strength and power from the inside out, and at all angles. Enhance overall fitness through this blend of functional training.	Cardio Chaos Get your cardio on in this can't stop-won't stop high energy workout that gets your heart pumpin and endorphins flowing. A variety of drills and skills with low and hi-impact options make this a suitable class for anyone wanting to shed calories and release stress.
Buff Body This muscle conditioning class targets key body parts for ultimate strength and confidence. Sculpt, tone and buff your way to your best body ever!	Hells Bells Three types of strength training for one incredible workout! Sandbells, Kettlebells and Dumbbells are used in rotation with a few bouts of cardio tossed into the mix, taking you to your personal maximum intensity level!
Powerwave From a ripple to a roll to a tidal wave...crash, whip and slam your way to an amazing physique through the total body functional training found in our NEW Powerwave class with battleropes! A surprisingly versatile and multi-level interval class that develops strength, power and endurance. Specialty class - level 2/3 membership access only.	B-Lift Use the long bar in this weight lifting class that delivers pure strength gains.