



September Group Exercise Schedule

September 7th-October 4th

FREE for Members
\$10 for Non-Members

Monday
Barbell Strength 5:15-6:00am / Michelle
Total Body Sculpt 8:15-9:00am / Carrie
Aqua Fit Combo 8:15-9:00am/ Bonnie
Cycle Pilates Fusion ② 8:30-9:15am / Theresa
Aqua Fitness 9:00am-10:00am / Annette
Sensational Seniors (SS) 9:15-10:00am/ Christy
Butts N' Guts 5:15-6:00pm / Theresa

Tuesday
Cardio Strength 5:15-6:00am / Mandy
Cycle Strength ② 5:15-6:00am / Diane
Barbell Bands & Abs 8:15-9:00am / Tara
Aqua Tai Chi 9:00-10:00am / Bonnie
Aqua Low Impact 10:00-11:00am / Betty
Tabata 5:15-6:00pm / Theresa

Wednesday
Strength Circuit 5:15-6:00am / Cole
AquaFit Combo 8:00-9:00am / Bonnie
HighFitness 8:15-9:00am / Carrie
Cycle ② 8:30-9:15am / Theresa
Aqua Fitness/Stretch 9:00am-10:00am / Annette
Senior Shuffle (SS) 9:15-10:30am / Carrie
Cardio Strength 5:15-6:00pm / Stephanie
Aqua Stix 5:30-6:00pm / Kelly S.
Aqua Zumba 6:00-6:45pm / Kelly S.

Thursday
Cardio Strength 5:15-6:00am / Mandy
Cycle Strength ② 5:15-6:00am / Diane
Total Body Sculpt 8:15-9:00am / Tara
Aqua Fit Combo 8:00-9:00am / Betty
Aqua Tai Chi 9:00-10:00am / Bonnie
Drums Alive® 9:15-10:00am / Julie K.
Aqua Low Impact 10:00-11:00am/ Betty
Strength Circuit 5:15-6:00pm / Cole

Friday
Barbell Strength 5:15-6:00am / Michelle
Aqua Fit Combo 8:00-9:00am/ Bonnie
Power Step 8:15-9:00am / Stacy
Cycle 30 ② 8:30-9:00am / Theresa
Deep Water Aqua 9:00-10:00am/ Annette
Stretch & Strength (SS) 9:15-10:30am / Theresa

Saturday
Cardio Strength 8:15-9:00am/ Mandy
Aqua Stix 9:00-9:30am / Kelly S.
Aqua Zumba 9:30-10:15am / Kelly S.

Aqua Class
New Format NEW!
② = Studio 2
(SS) = Senior Specific
Please note: All classes are held in Studio 1, unless stated otherwise. Classes are subject to change due to participation at any time.

Monthly Announcements

- Six feet distancing must be kept at all times.
- Leave ALL equipment on studio floors when done and staff will disinfect and put away.
- Please enter studio through east doors and fill room from west to east.
- Masks need to be worn throughout facility, except when exercising.



FACEBOOK.com/WorkmanSportsComplex
www.workmansportscomplex.com



Download the MindBody Fitness App to stay in the loop on class updates

GROUP FITNESS CLASS DESCRIPTIONS

Land Classes = Senior Specific

Barbell Bands & Abs: From strengthening the largest muscles groups to finishing the class with toning the smaller muscles of the core, thighs, and butt this class will target and tone all of the muscles of the body for a full body lower impact workout.

Barbell Strength: This class will help shape, tone and strengthen your entire body! We will use barbells and/or dumbbells to achieve strength and introduce lean body muscle conditioning.

Butts N' Guts Express: A resistance workout that focuses on core strength and lower body development for greater definition and improved performance. Something to get you in and out on your lunch break but not enough to break a sweat!

Cardio Strength: A mix of cardio and weights. You can make it high impact or low impact. This class is for everyone!

Cycle 30/45/60: This class is a great cardiovascular workout. Pedal through hill climbs, sprints and many other challenging drills and exercises. All levels welcome. Class time varies from 30, 45 or 60 minutes.

Cycle Pilates Fusion: This hour long class will start with an intense 30 minute ride and transition into a 30 minutes Pilates workout with a focus on the "core muscles," your abdominals and back, since these muscles are the foundation of the body's stabilization and strength.


Cycle Strength: A perfect blend of cycle and weights. All levels welcome! You will always have the option to forgo the weights and stay on the bike if you'd like.


Drums Alive®: This is a program that fosters a healthy balance physically, mentally, emotionally and socially! Join a class and experience how it provides an element of fun and creative expression.

HighFitness: Transforming old school aerobics into a highly addictive new fitness experience, this class combines simple, modern fitness techniques with music you know and love. The class format alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level!

Pilates Yoga Fusion: Get the best of both Yoga and Pilates in this class that focuses both disciplines to help you improve your abs, back and other core muscle groups while increasing your overall strength and flexibility.

Power Step: A combination of old school step aerobic moves along with times intervals of high intensity exercises on the step.

 **Senior Shuffle:** This class is a low impact cardio routine choreographed to the beat of fun music. Standing abs, arms and balance will be added to challenge your core without laying down on the ground.

 **Sensational Seniors:** This class is a great opportunity for our senior community to engage in fitness and health. With gentle movements to build strength, balance and increase mobility. This class will be the highlight of your day!

Strength Circuit: Full body strength moves using the TRX bands, weights and other body weight exercises. A combination of strength and cardiovascular exercises rolled into a 45 minute class.

Stretch & Strength: This class is geared towards seniors and uses forms of Pilates for strength and stretching.

Tabata: This is a high intensity interval training class. It is a four minute workout consisting of 8 rounds of 20 second of work at a maximum effort, followed by 10 seconds of rest.

Total Body Sculpt: Get sweaty with a fun, fast paced full body workout! You will use different props such as bands, weights, balls and more to work your body from every angle. This class uses a mix of different moves with larger muscle moves and plyometrics to keep your body guessing! You will move to the music and work hard but leave feeling stronger and longer.

Aqua Classes

AquaFit Combo: This workout includes all the components of fitness (cardiovascular, muscle conditioning, flexibility, balance) topped off with abdominal work.

Aqua Fitness/Stretch: This is a dynamic workout that focuses on muscle and strength endurance. The last half of class includes pilates and yoga movements.

Aqua Low Impact: This class is suited to those who have knee, hip and joint issues. Includes designed exercises that improve joint flexibility and mobility.

Aqua Tai Chi: Utilizes both Yang, Sun and Qi Gong styles. It is a continuous movement coordinated with abdominal breathing and mental focus to build overall muscle strength, improve posture, increase flexibility and improve bone density.

Aqua Stix: A 1/4 lb per stick the Ripstix are perfectly designed to maximize your arm workout utilizing the water resistance. This heart-pumping moves and upbeat tunes keep the this class feeling fresh.

Aqua Zumba: Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints during Aqua Zumba. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Deep Water Aqua: An exciting class in the deep end of the lap pool designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone! This is achieved by using floatation belts and Styrofoam barbells to perform a variety of moves including water walking, running, abdominal work and toning exercises.