



DROP-IN FITNESS CLASS SCHEDULE

NOTES:
HAPPY HOUR IN ROOM 236
HIGH FIT/LOW IN ROOM 231
YOGA IN ROOM 304
SPINNING IN SPINNING ROOM

Schedule for SUMMER: 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM-7:00AM		SPINNING - JOE		SPINNING - JOE	
7:30AM-8:30AM			HIGH FIT - KELCIE		
10:00AM-11:00AM			YOGA FLOW - TIFFANY		
12:00PM-1:00PM		SPINNING - TIFFANY		SPINNING - TIFFANY	
5:00PM-5:50PM	HIGH LOW - ERICA		REFIT - ERICA		
5:30PM-6:30PM		HAPPY HOUR - NAZ		HAPPY HOUR - NAZ	
SATURDAY	7-8AM SPINNING - JOE				

ALL ABILITIES WELCOME!

HIGH - Aerobics is back! Bigger, Better, and HIGHer! Experience a modern twist on aerobics in a non-stop action-packed hour of cardio and toning tracks that will take your fitness to the next level. This HIIT workout includes easy-to-follow choreography to music you know and love. Adaptable to all levels of fitness, you can go high or you can go low but you will always leave feeling HIGH!

HIGH LOW - Reminiscent of the aerobics glory days, High Low is based on traditional aerobics principles that create a steady-state cardio workout. Expect non-stop cardio and toning moves in easy-to-follow fitness choreography to music you know and love. HIGH Low brings the same energy, intensity, and effectiveness of a HIGH Fitness class with lower impact.

HAPPY HOUR: "bootcamp with a twist"! An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. It's never the same workout with Naz, and these classes are designed to push participants harder than they'd push themselves, keeping the body guessing!

REFIT: A life-changing group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out!

SPINNING: This indoor cycling class is designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. Get your sweat on to time or music-based aerobic endurance conditioning and anaerobic interval training motivated by motivating and expert instruction! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

Please bring water and a towel to class. Reserve your bike by placing your own water bottle in the holder. Newcomers are always welcome! If you are new to a class, please arrive 10 minutes before class start time and identify yourself to your instructor for assistance with bike set up and proper form.

YOGA FLOW: Flow is a class where the movements are connected to each other in a flowing manner, and linking movement with the breath is a primary focus. Beginners are welcome and will be encouraged to pace themselves and focus on mastering the basic poses before moving onto the more complex poses.