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| STRENGTH | CYCLE | CORE | MIND/BODY | DANCE | CARDIO | CARDIO/STRENGTH |
|----------|-------|------|-----------|-------|--------|-----------------|

GROUP FITNESS SCHEDULE

| | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------------------------|---|---|---|---|---|--|------------------------------------|
| MORNING 6am-11:30am | 6-6:50a C Paula RPM™ | 6-7a Aux FC Staff Barbell Strength | 6-7a Aux Becky BODYCOMBAT™ | 6-7a Aux Nicole BODYPUMP™ | 6-6:50a C Paula RPM™ | 8-9a SL Darius Circuit Training | |
| | 6-6:45a SL Thomas TRX® | 6-7a SL Thomas BOSU | 6-7a GFS Diane Sunrise Yoga | 6-7a SL Thomas BOSU | 6-6:45a SL Thomas TRX® | 9-10a Aux Rachel STEP III | |
| | | | 9:25-10:25a Aux Jill BODYPUMP™ | | | 10-10:30a Aux Rachel Extreme Core | |
| | 10-11a SL Rick Aging Athlete | | 10-11a SL Rick Aging Athlete | | 10-11a SL Rick Aging Athlete | 10-10:50a C Steven Cycle | 10-11a SL Tony BOSU |
| | 10:30-11:30a GFS Susan LI Cardio Sculpt | | | | 10:30-11:30a GFS Jill LI Cardio Sculpt | 10:45-11:45a Aux Carolyn BODYPUMP™ | |
| | | | | | 11-11:45a SL Thomas TRX® | 11-12:15p GFS Julie Vinyasa Yoga | 11a-12p Aux Nicole BODYPUMP™ |
| AFTERNOON Noon-5:15pm | 12-12:50p C Mary RPM™ | 12-12:30p Aux Michael Tabata | 12-12:30p Aux Tony BOSU | 12-12:30p Aux Rachel Tabata | | | |
| | 12-1p Aux Jill BODYPUMP™ | 12:35-1:05p GFS Michael CXWORX™ | | 12:35-1:05p GFS Michael CXWORX™ | | | |
| | 12-1p GFS Grace Yoga Fusion | | 12-1p GFS Grace Vinyasa Yoga | | 1:15-2p GFS Rachel Barre Fusion | CLASS LOCATIONS KEY AUX - Auxiliary Court BP - Back Patio C - Cycle Area GFS - Group Fitness Studio SL - Sprint Lanes <i>All Group Fitness classes are FREE to members and no registration is needed unless otherwise noted.</i> <i>1st Friday of each month bring a friend to class for FREE! (photo ID required)</i> | |
| | 4:30-5:15p SL Hannah Circuit Training | 5-5:45p SL David Circuit Training | 4:30-5:15p SL Hannah Circuit Training | 5-5:45p SL David Circuit Training | 4:30-5:30p SL FC Staff Circuit Training | | |
| | 5:15-6p GFS Caitlin Barre Fusion | 5:15-6p Aux Rachel STEP II | | 5:30-6:20p C Steven Cycle | | | |
| | 5:30-6p SL Hannah TRX® | 5:30-6:30p Aux Rachel Fitness Pilates | 5:30-6p SL Hannah TRX® | 5:30-6:30p Aux Jill BODYPUMP™ | | | |
| | 5:30-6p GFS Anne CORE | | 5:30-6:30p GFS Caitlin Cardio Hip Hop | | | | |
| EVENING 5:30pm-7:30pm | 6-6:50p C Marissa Cycle | 6:05-6:55p C Amanda L. Cycle | 6-7p BP/SL Steven Boot Camp | 6-7p Aux Amanda BODYPUMP™ | | | |
| | 6:05-7:05p GFS Donna Vinyasa Yoga | 6:05-7:05p GFS Caitlin Cardio Hip Hop | 6:05-7:15p GFS Lorie Vinyasa Yoga | | | | |
| | 6:35-7:35p Aux Paula BODYPUMP™ | 7:15-7:45p SL Darius Circuit Training | | 7:15-7:45p SL Darius Circuit Training | | | |
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Please warm up and cool down properly if you come late or leave a class early.
Please do not enter yoga classes after class has begun.

GUESTS FEES

Day Passes - \$15, includes group fitness classes (5 for \$60, or 10 for \$100).

SMART START

Smart Start is a beginners plan for fitness that is based on scientific research. Follow this simple approach to guarantee that your first steps to fitness are not your last.

Start Slow– don't push your body too soon. It's ok to stop working out when you've had enough.

Build Gradually– aim toward completing full workouts as your fitness builds.

Mix It Up– mix strength, cardio and flexibility training options and learn what workouts consistently motivate you to get moving.

Aging Athlete (60 min. - Level I-III)

This class is geared for ages 40+. You will work to improve joint mobility and range of motion as well as overall strength and conditioning which are key to performing normal daily activities. *Sprint Lanes*

Barbell Strength (60 min. - Level II-III)

Description coming soon. *Auxiliary Court*

BODYPUMP™ (60 min. - Level I-III)

The original barbell workout that strengthens and tones your entire body. Scientifically proven to be the fastest way to lose body fat, you'll use low weight loads and high repetitions to burn fat, gain strength and quickly produce lean muscle mass. *Auxiliary Court*

Circuit Training (60 min. - Level I-III)

Circuit Training is an efficient, well-rounded workout for the time-crunched athlete. You'll have a calorie-burning workout with stations training agility, speed, balance, cardio and strength. *Sprint Lanes*

TRX® Suspension Training (30-45 min. - Level I-III)

A revolutionary total-body fitness program that uses gravity against your own body weight to simultaneously develop strength, balance, flexibility, and core stability. *Sprint Lanes*

Cycle (50 min. - Level I-III)

This high-energy cardiovascular workout uses various performance levels and speeds to get you cycle fit. *Cycle Area*

RPM™ (50 min. - Level I-III)

Ride it like you stole it! Take on the terrain with hills, flats, mountain peaks and time trials with this ultimate interval training cycle class. Driven by powerful music, you'll discover your athlete within and reach new heights! *Cycle Area*

CORE (30 min. - Level I-III)

Description coming soon. *Auxiliary Court (or *Group Fitness Studio)*

CXWORX™ (30 min. - Level I-III)

This class will help strengthen your core and glutes. Put it in your workout schedule 2- 3 times per week and you'll be doing laundry on your abs in no time. Heavy lifting is not recommended after CxWorx due to core fatigue, so if you are doing strength training, add this in at the end of your workout. *Auxiliary Court (or *Group Fitness Studio)*

Extreme Core (30 min. - Level I-III)

Take your core strength to the extreme using Body Bars and other weighted equipment. *Auxiliary Court*

Barre Fusion (60 min. - Level I-III)

With a blend of barre fitness core movements and cardio intervals, barre fusion challenges and sculpts the entire body, with effective moves that enhance muscle tone, work on balance, strengthen the core, and burn fat! *Group Fitness Studio*

Fitness Pilates (60 min. - Level I-III)

Improve your posture, balance, core strength and flexibility with the mind/body workout that adds length to your muscles and fine-tunes your strength. You'll get stronger from the inside out! *Auxiliary Court*

Sunrise Yoga (60 min. - Level I)

Awaken your body and mind with this gentle morning yoga class. (Bring Your Mat.) *Group Fitness Studio*

Yoga Fusion (30 min. - Level I- III)

30-minute full body workout (muscle conditioning) followed by 30 minutes of a yoga flow workout. *Auxiliary Court*

Vinyasa Yoga (60-75 min. - Level I- III)

Serenity is found with yoga poses that flow continuously from one to another in synchronization with your breath. Find your calm in the storm. Beginners are welcome. (Bring Your Mat.) *Group Fitness Studio*

Cardio Hip Hop (60 min. - Level I-III)

A dance-inspired cardio workout to the latest dance styles and the hottest Hip Hop moves. *Group Fitness Studio*

BODYCOMBAT™ (60 min. - Level I-III)

Unleash yourself with this fiercely energetic mixed martial arts inspired cardio workout that makes you feel like a fighter. This relentless attack on calories uses moves like punches, kicks, elbows and knees to strengthen and tone your entire body. No equipment is needed, just bring water, a towel and your inner warrior. *Auxiliary Court*

Low Impact Cardio Sculpt (60 min. - Level I-II)

Whether you are new to exercise or you want to show aging who's boss, this low impact cardio, strength and balance class will get you moving and keep you going. *Group Fitness Studio*

Step II (60 min. - Level II-III)

Keep your heart pumping with this cardio workout using the step. Intermediate choreography provides serious leg training and fun! *Auxiliary Court*

Step III (60 min. - Level III)

Not your momma's step class! Enjoy fun and challenging choreography to put rhythm in your feet, a smile on your face and sweat on your shirt. *Auxiliary Court*

Boot Camp (60 min. - Level II-III)

Boot camp is a challenging and intense total body workout that increases all aspects of your fitness using classic calisthenics, weight training and a never give up mental attitude. Meet on the sprint lanes or back patio depending on the weather. *Back Patio/Sprint Lanes*

Tabata (30 min. - Level I-III)

Tabata Training is a High Intensity Interval Training (H.I.I.T) workout that has four minute rounds. Exercises range from Strength, Cardio, and Plyometric moves. Get geared up for an awesome workout! *Sprint Lanes/White River State Park*

BOSU (30 or 60 min. - Level I-III)

BOSU is not only an exercise tool but a complete method of training. BOSU conditioning will challenge and develop every aspect of fitness and increase synergy of the human body. BOSU will focus on strength, stability, mobility, balance and cardio endurance. *Sprint Lanes.*

Questions or suggestions?

Call Tony Maloney at 317.274.3432 ext. 260 or email tmaloney@nifs.org