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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 Mary C. RPM™	6-7a Aux Tasha BODYPUMP™	6-6:50a C Mary C. RPM™	6-7a Aux Tasha BODYPUMP™	6-7a GFS Becky/Tasha BODYCOMBAT™	9-10a Aux Rachel STEP III	11a-12p Aux Mary C. BODYPUMP™
	6-6:45a SL Thomas TRX®		6-7a GFS Diane Sunrise Yoga		6-6:45a SL Thomas TRX®	10-10:30a Aux Rachel Extreme Core	11:15a-12p SL Brad TRX®
						10-10:50a C Steven Cycle	
			9:25-10:25a Aux Jill BODYPUMP™			10:40-11:40a Aux Carolyn BODYPUMP™	
	10-11a SL Rick Aging Athlete		10-11a SL Rick Aging Athlete		10-11a SL Rick Aging Athlete		
	10:30-11:30a GFS Susan LI Cardio Sculpt		10:30-11:30a GFS Jill LI Cardio Sculpt		10:30-11:30a GFS Susan LI Cardio Sculpt	11a-12:15p GFS Julie Vinyasa Yoga	
AFTERNOON Noon-5:15pm	12-12:50p C Diana RPM™	12-12:30p Aux Rebecca CXWORX™	12-12:30p C Mary R. HIIT Cycle	12-12:30p Aux Michael CXWORX™	12-12:30p C Mary R./Paula HIIT Cycle		2:30-3:30p GFS Paula BODYCOMBAT™
	12-12:30p Aux Jill BODYPUMP™ Exp	12-12:30p SL Michael Tabata	12-12:45p Aux Diana BODYPUMP™	12-12:30p SL Rachel Tabata	12-12:30p SL Thomas TRX®		
	12:15-1:15p GFS Grace Vinyasa Yoga		12-1p GFS Rebecca PIYO™		12-1p GFS Rebecca PIYO™	CLASS LOCATIONS KEY AUX - Auxiliary Court BP - Back Patio B - Basketball Court 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>On 1st Friday of each month bring a friend to class for FREE! (photo ID required)</i>	
	12:30-1p Aux Michael CXWORX™	12:30-1p SL Thomas TRX®					
	5:15-6p GFS Lesley Barre Fusion	5:15-6p Aux Rachel STEP II	4:30-5:30p GFS Rebecca Circuit Training		4:30-5:30p GFS Kaci Circuit Training		
5:30-6:30 Aux Emily/Becky BODYCOMBAT™	5:30-6p SL Nicole TRX®	5:30-6:30p Aux Rachel Mat Pilates	5:30-6:20p C Steven Cycle	5:30-6:30p Aux Jill BODYPUMP™			
EVENING 5:30pm-7:30pm	6-7p BP/SL Steven Boot Camp	5:30-6p GFS* Amanda L. CXWORX™	6-7p BP/SL Steven Boot Camp	5:30-6p SL Nicole TRX®			
	6-6:50 C Kristin RPM™	6:05-6:55p C Amanda L. Cycle	6-7:15p GFS Lorie Vinyasa Yoga	5:30-6p GFS* Paula CXWORX™			
	6:05-7:05p GFS Donna Vinyasa Yoga	6:05-7:05p GFS Tasha BODYJAM™	6:15-7:05p C Paula Cycle	6-7p Aux Amanda BODYPUMP™			
	6:35-7:35p Aux Paula BODYPUMP™	6:15-7:15p Aux Mekhila BODYATTACK™		6:05-7:05p GFS Wendy BODYJAM™			
	7:15-8:00p GFS Caitlin POUND®	7:15-8:15p Aux Carolyn BODYPUMP™		7:05-8:05p Aux Mekhila BODYATTACK™			
					GUESTS FEES		
					Day Passes - \$15, which include group fitness classes. Punch Passes - \$60/5 classes or \$100/10 classes.		

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.

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*

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. *Auxiliary Court*

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

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

Cycle (60 min. - Level I-III)

HIIT Cycle (30 min. - Level II-III)

This high-energy cardiovascular workout uses various performance levels and speeds to get you cycle fit. Sat. Cycle: Meets every week except during the week of 2-Hr. Cycle. Try out our 30 min. express version with HIIT Cycle that works with intervals of intensities to push you to your peak! *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*

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 (50 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*

Mat Pilates (50 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*

PiYo® (60 min. - Level I-III)

PiYo focuses on agility, body weight strength, format moves quickly, powerfully, and uses body resistance to strengthen the core from the transverse abs out. *Group Fitness Studio*

Sunrise Yoga (60 min. - Level I)

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

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*

BODYJAM™ (60 min. - Level I-III)

Lose yourself in the dance-inspired cardio workout to the latest dance styles and the hottest new sounds. Each new class will change styles based on what is current and hot. So grab a friend, get front and center and get high on the feeling of dance. *Group Fitness Studio*

BODYATTACK™ (60 min. - Level I-III)

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. *Auxiliary Court*

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*

POUND® (45 min. - Level I-III)

Become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with Yoga and Pilates inspired movements. POUND provides the perfect atmosphere for letting loose, getting energized, and rockin' out! Drumsticks provided. *Group Fitness Studio*

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*

Questions or suggestions?

Call Rebecca Heck, Group Fitness Coordinator, at 317.274.3432 ext. 263 or email rheck@nifs.org