

Group Fitness SCHEDULE



Follow us! NIFSindy



Download our app for the latest schedule updates.

Morning

Noon

Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 :50	LES MILLS RPM C Mary C.	6:00 :60 LES MILLS BODYPUMP Aux Tasha	6:00 :50 LES MILLS RPM C Mary C.	6:00 :60 LES MILLS BODYPUMP Aux Tasha	6:00 :30 BODYCOMBAT EXPRESS Tasha Aux	
6:00 :60	LES MILLS BODYATTACK Aux Mekhila		6:00 :60 Sunrise Yoga GFS Diane		6:30 :30 LES MILLS CXWORX Tasha Aux	9:00 :60 Step III Aux Rachel
6:00 :45	TRX SL Thomas		6:00 :60 LES MILLS BODYATTACK Aux Sarah		6:00 :45 TRX SL Thomas	10:00 :30 Extreme Core Aux Rachel
			9:25 :60 LES MILLS BODYPUMP Aux Jill			10:00 :50 Cycle C Steven
10:00 :60	Aging Athlete SL Rick		10:00 :60 Aging Athlete SL Rick		10:00 :60 Aging Athlete SL Rick	10:35 :60 LES MILLS BODYPUMP Aux Carolyn
10:30 :60	Low Impact Cardio Sculpt GFS Susan		10:30 :60 Low Impact Cardio Sculpt GFS Jill		10:30 :60 Low Impact Cardio Sculpt GFS Susan	11:00 :90 Vinyasa Yoga GFS Julie
		Noon :30 LES MILLS CXWORX Aux Steve				Sunday
Noon :50	LES MILLS RPM C Diana	Noon :60 ZUMBA GFS Sara	Noon :50 Cycle C Mary R.	Noon :30 LES MILLS CXWORX Aux Steve	Noon :50 Cycle C Mary R.	11:15 :45 TRX SL Crystal
Noon :30	BODYPUMP EXPRESS Aux Steve	Noon :30 Tabata SL Michael	Noon :30 BODYPUMP EXPRESS Aux Steve	Noon :60 ZUMBA GFS May	Noon :30 TRX SL Thomas	12:30 :60 LES MILLS BODYPUMP Aux Mary C.
12:15 :60	Vinyasa Yoga GFS Grace	12:30 :30 TRX SL Thomas	Noon :60 PIYO GFS Rebecca	Noon :30 Tabata SL Rachel	12:15 :60 Vinyasa Yoga GFS Kacie	1:30 :60 PIYO GFS Rebecca
12:30 :30	LES MILLS CXWORX Aux Michael		12:30 :30 LES MILLS CXWORX Aux Michael			2:30 :60 LES MILLS BODYGOMBAT GFS Paula
		5:15 :45 Step II Aux Rachel				Key
4:45 :50	Mat Pilates GFS Latashia	5:30 :30 LES MILLS CXWORX GFS Amanda L	4:30 :60 Circuit Training Aux Masie			Class Location
5:30 :60	LES MILLS BODYGOMBAT Aux Tasha	5:30 :30 TRX SL Masie	4:45 :50 Mat Pilates GFS Rachel	5:30 :30 LES MILLS CXWORX GFS Paula	5:30 :60 LES MILLS BODYPUMP Aux Jill	Auxiliary Court - Aux Group Fitness Studio - GFS Sprint Lanes - SL Cycle Area - C Basketball Court - B Back Patio - BP
6:00 :60	Boot Camp BP/SL Steven	6:00 :60 Aging Athlete SL Brad	5:45 :60 LES MILLS BODYPUMP Aux Katherine	5:30 :50 Cycle C Steven		★ Alternating Class
6:00 :50	LES MILLS RPM C Kristin	6:05 :50 Cycle C Amanda L	5:45 :50 LES MILLS RPM C Diana	5:30 :30 TRX SL Masie		★ Class Change
6:00 :60	Vinyasa Yoga GFS Donna		6:00 :60 Boot Camp BP/SL Steven	6:00 :60 LES MILLS BODYPUMP Aux Amanda L		★ NEW
6:35 :60	LES MILLS BODYPUMP Aux Paula	6:05 :60 LES MILLS BODYJAM GFS Tasha	6:00 :75 Vinyasa Yoga GFS Lorie	7:05 :60 LES MILLS BODYATTACK Aux Steve		★ Registration Required
7:25 :60	Hip Hop Remix GFS Lesley	6:15 :60 LES MILLS BODYATTACK Aux Mekhila	7:20 :60 Hip Hop Remix GFS Rachel			Special Events
7:40 :30	LES MILLS CXWORX Aux Paula	7:15 :60 BODYPUMP Aux Carolyn				Double Step 2/12 4:00-5:00p Bosu Step 2/26 4:00-5:00p Beginner Step 2/4 8:30-9:00a 2/9 12:30- 1:00p 2/16 5:15-5:55p 90 Minute Cycle 2/18 9:30 - 11a

Class of the Month: Step

Step II (60 min. - Level II-III) Keep your heart pumping with this cardio workout using the step. Intermediate choreography with serious leg training and fun!

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.

First Friday
2/3
Bring a friend for free!
With photo id

Step

Step aerobics was introduced in the 1980's and is still going strong today! The intensity can range from low impact beginning step to high intensity advanced step. No matter what level you are at you will see increased cardiovascular and muscular endurance, improved coordination and agility, and no doubt increased leg strength. Take advantage and join a class today!

Class Descriptions

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.



(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.

Cycle (60 min. - Level I - III)

This high-energy cardiovascular workout uses various performance levels and speeds to get you cycle fit. Saturday Cycle: This meets every week except during the week of 2-Hr. Cycle.

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

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

Hip Hop Remix (60 Min. - Level I-III)

This class brings the fun, energy, and dance moves from the newest music to some old school hip hop. Bring your friends and we will see you on the dance floor!

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.

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!

PiYo (60 Mins. - Level I-III)

PiYo focuses on agility, body weight strength, balance, flexibility, and so much more. This fusion format moves quickly, powerfully, and uses body resistance to strengthen the core from the transverse abs out.

Power Yoga (60 min. - Level I-III)

Power yoga is a challenging yet accessible class. You will link breath to movement to increase heart rate and challenge your strength and balance. Class includes dynamic flow sequences, static holds, arm balances, and core strengthening. Focus on alignment as well as the fluidity from one pose to the next. (Bring Your Mat.)



(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!

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!

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.

Sunrise Yoga (60 min. - Level I)

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

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!

TRX® Suspension Training® is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability.

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.)



(60 min. - Level I - III)

Party yourself into shape! Ditch the workout and join the easy-to-follow, Latin-inspired dance fitness party



Guests may purchase punch passes (\$50/5 days or \$100/10 days) or day passes for \$15 which include group fitness classes. Questions or suggestions? Call Steve Koebecke, Group Fitness and Program Coordinator, at 274.3432 ext. 264 or email skoebecke@nifs.org



All of the above classes are free to members and no registration is needed unless otherwise noted.

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.