



GROUP FITNESS CLASSES

MONDAYS (No class on Memorial Day)

9:15am Fit 4 Life/TNT Combo

12:05pm TNT

4:30pm LES MILLS SPRINT (No Zoom)

5:15pm LES MILLS SPRINT (No Zoom)

TUESDAYS

9:15am 321 Fit

12:05pm BodySculpt

WEDNESDAYS

9:15am Fit 4 Life/TNT Combo

12:05pm HIIT 30

4:30pm LES MILLS SPRINT (No Zoom)

5:15pm LES MILLS SPRINT (No Zoom)

THURSDAYS

9:15am BodySculpt

12:05pm 321

FRIDAYS

9:15am Fit 4 Life/TNT Combo

12:05pm HIIT 30

SPRINT and HIIT classes are 30 minutes. All other classes are 45 minutes.

ZOOM LIVE STREAMING

9:15am Classes

Meeting ID: 785 5291 4320

12:05pm Classes

Meeting ID: 847 2447 0780

SPRINT This high intensity workout uses stationary bike resistance to simulate gravity for sprint training, drag for power training, and weight for strength training. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast and will continue to burn calories for hours after each workout.

Fit for Life/TNT Combo Fun, full body workouts geared at improving cardiovascular fitness, total body strength, balance, and flexibility. Options will be given for all levels, low to high impact.

TNT A complete workout that combines blocks of strength, cardio, and core training. A dynamite workout!

BodySculpt A whole body workout that will include strength and toning achieved through high repetition exercises that incorporate body bars and dumbbells.

3-2-1 Fit A total body conditioning class with the use of intervals and weight training to help spice up your workout. 3 minutes of cardio to peak the heart rate, 2 minutes of muscle toning, followed by 1 minute of absolute abs.

Stretch & Mobility Class will consist of a complete warm up of muscles and joints, will include joint mobility exercises, and a total body stretch. Emphasis will be placed on increasing flexibility and joint mobility, decreasing stiffness, and improving the total body range of motion.

HIIT High-intensity interval training involves short, intense bursts of physical activity, paired with intervals of quick rests. The workout involves alternating between the work and recovery periods. Modifications will be given for all levels.

Group fitness classes are limited to 9 participants per class and are available on a first come, first served basis with advanced registration through MYICLUBONLINE.COM.