FALL GROUP FITNESS CLASS SCHEDULE

EFFECTIVE THROUGH DECEMBER 31, 2023



MONDAY

- 6:00 7:00am HIGH Fitness
- 7:15 8:00am Muscle Up Express -Lower Body
- 8:20 9:20am Pilates Power Hour
- 8:20 9:20am Zumba Toning
- 9:00 10:00am Total Body Condition
- 9:00 10:00am Cycle
- 9:30 10:30am Surge Strength
- 9:30 10:30am Barre
- 10:40 11:40am Harmony Within
- 10:45 11:30am Senior Fitness Cardio + Strength
- 5:20 6:20pm Muscle Up
- 6:30 7:30pm Barre
- 7:40 8:40pm HIGH Fitness

TUESDAY

- 5:15 6:15am Muscle Up
- 6:00-7:00am Ripped
- 8:20 9:20am Muscle Up
- 8:20 9:20am Yoga
- 9:00 10:00am TRX
- 9:30 10:30am HIGH Fitness
- 9:45 10:30am Silver Sneakers Classic
- 10:45 11:30am Silver Sneakers Cardio
- 5:20 6:20pm Cycle
- 5:20 6:20pm WERQ
- 6:00 7:00pm TRX
- 6:30 7:30pm POP Pilates
- 7:40 8:40pm Power Down Yoga

WEDNESDAY

- 6:00 7:00am HIGH Fitness
- 7:15 8:00am Muscle Up Ex - Upper Body
- 8:20 9:20am Pilates Power Hour
- 8:20 9:20am Zumba
- 9:00 10:00am Total Body Condition
- 9:00 10:00am Cycle
- 9:30 10:30am Power Yoga
- 9:30 10:30am Barre
- 10:40 11:40am Qigong
- 10:45 11:30am Senior Fitness Cardio + Mobility
- 5:20 6:20pm Muscle Up
- 6:30 7:30pm Barre
- 7:40 8:40pm POP Pilates

THURSDAY

- 5:15 6:15am Muscle Up
- 6:00 7:00am Cycle
- 6:15 7:00am Total Body Condition Express
- 8:20 9:20am Muscle Up
- 8:20 9:20am Yoga
- 9:00 10:00AM TRX
- 9:30 10:30am HIGH Fitness
- 9:45 10:30am Silver Sneakers Classic
- 10:45 11:30am Silver Sneakers Cardio
- 5:20 6:20pm POP Pilates
- 6:30 7:30pm WERQ
- 7:40 8:40pm Power Down Yoga

FRIDAY

- 7:15 8:00am Muscle Up Ex - Core
- 8:20 9:20am Stretch & Mobility
- 8:20 9:20am Barre
- 9:00 10:00 Total Body Condition
- 9:00 10:00am Cycle
- 9:30 10:30am Pilates on the Ball
- 9:30 10:30am Zumba Toning
- 10:40 11:40am Step Kick Abs
- 10:45 11:30am Zumba Gold
- 11:45 12:30pm HIGH Fitness Express

SATURDAY

- 7:00 8:00am HIGH Fitness
- 7:00 8:00am Cycle
- 8:00 9:15am Muscle Up
- 8:30 9:30am Yoga
- 9:30 10:30am Dance Fitness
- 10:40 11:40am Surge Strength

SUNDAY

- 1:30 2:30pm Power Yoga
- 2:40 3:40pm Restorative Yoga
 - A AEROBICS ROOM
 - c CYCLE
 - D DANCE ROOM
 - G GYM
 - × CROSS FITNESS





BARRE: This workout blends elements from different exercise styles including ballet, Pilates, and yoga. Barre will build alignment, strengthen your core, and tone and elongate muscles.

CYCLE: A blood pumping workout for all abilities. Each cycle instructor creates their class with varying types of rides, terrain, and formats to constantly challenge your body and mind.

DANCE FITNESS: Get your heart rate up while dancing! You'll experience an aerobic workout while dancing to many different styles of dance and music, all taught in an easy-to-learn format.

FUNCTIONAL TRAINING: Compound exercises that include all major muscle groups. You'll push, pull, squat, lunge, hinge, and rotate, while also adding elements of agility, cardio, and speed.

HARMONY WITHIN: A class designed to induce relaxation through guided meditation and sound bath. *Dress warm or bring a blanket

HIGH FITNESS & HIGH FITNESS EXPRESS: This class combines HIIT and plyometrics with music you know and love. Follow along to simple cardio & full body toning moves that can be modified for any fitness level. HIGH Fitness Express is condensed to a 45-minute class.

MUSCLE UP: Participants use dumbbells and other equipment to strengthen muscles and increase weight endurance in a fun group fitness setting.

MUSCLE UP - EXPRESS CORE: A 45-minute class designed to stabilize and strengthen the abdominals, obliques, glutes, hips, and spinal muscles. Help prevent lower back pain, improve poster, and prevent injuries by attending this core focused class.

MUSCLE UP - EXPRESS UPPER/LOWER BODY: Intended for those looking to get in and out of the gym a little faster (a 45-minute class), muscle up express offers the same weight training and toning experience as our standard muscle up class, but in a condensed form. Dumbbells, bands, balls, and other weight training equipment will be used to help increase muscle strength and endurance.

PILATES / PILATES POWER HOUR / PILATES ON THE BALL: Pilates exercises are performed using different equipment such as yoga balls, resistance bands, rings, and hand weights. **Pilates on the ball uses the yoga ball for added balance/core work and low impact cardio.

POP PILATES: Experience a mix of modern and classical Pilates exercises set to a heart-pumping playlist. Strength meets flexibility with focused movements that leave your entire body toned.

POWER DOWN YOGA: Recommended for all abilities, power down yoga includes a flow of poses intended to gradually bring you to a state of relaxation and prepare you for sleep.

POWER YOGA: A fast-paced cardiovascular workout focused on building strength and flexibility in the body through challenging yoga postures.

QIGONG: (Pronounced "chee-gung") is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

RESTORATIVE YOGA: Restorative Yoga enables deep relaxation as you holding poses for longer periods of time with the help of props.

RIPPED: A high intensity interval class that packs a powerful punch. Dynamic bursts of intense exercise are interspersed with periods of recovery.

SENIOR FITNESS CARDIO & MOBILLITY: This low impact class combines cardiovascular training with other exercise modalities in a safe environment for senior adults.

SILVER SNEAKERS CARDIO FIT: Bring heart-healthy aerobics to your workout using low-impact movements. This class focuses on building upper-body and core strength with added cardio endurance.

SILVER SNEAKERS CLASSIC: Focus on strengthening muscles and increasing range of movement. Equipment including hand-held weights, resistance bands, and Silver Sneakers ball will be used. Chairs are available for additional support.

STEP KICK ABS: Fun routines on a step platform alternate with cardio kick-boxing combos. This is a full body workout with amazing cardio intervals and extra ab work at the end of class.

STRETCH & MOBILITY: Avoid injury with increased mobility and proper alignment. This class uses both dynamic movements to stretch and lengthen muscles as well as static poses and holds to increase mobility and range of motion.

SURGE STRENGTH: A high-rep, targeted, weight training workout set to music you know and love! Utilizing muscle focused strength training tracks and dumbbells to strengthen, shape and tone every muscle in your body. A fun and powerful full body workout that will leave you feeling happy and strong!

TOTAL BODY CONDITIONING & TOTAL BODY CONDITIONING

EXPRESS: This class uses a variety of equipment and programming techniques to strengthen muscles and improve cardio performance for a total body workout. Total Body Conditioning Express is the same format, condensed to a 45-minute class.

TRX: TRX, which stands for Total Body Resistance Exercise, is a workout method that uses body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. You'll find a variety of different class structures when attending, which may follow a straightforward muscle strength/endurance format, or could include types of plyometric, cardiorespiratory, balance, and coordination training. Variety is key!

WERO: A wildly addictive cardio dance workout based on pop and hip hop music. Join our judgment-free dance space with good vibes and a great sweat.

YOGA: Practice postures designed to align, strengthen, and promote flexibility. Each class has it's own style and flow, try them all!

ZUMBA / ZUMBA TONING / ZUMBA GOLD: Dance to Latin. pop and world rhythms**Toning class incorporates light shaker weights to enhance rhythm and tone arms, abs, glutes, and thighs. **Gold is ideal for beginners, those just returning to working out and active adults with a slower pace and lower intensity that is easy to follow!

@chrcgroupfitness.as.me or download the

GLASS RATES: PER	PER CLASS	10 PASS 20 PASS	20 PASS
ULTIMATE MEMBER NO	NO CHARGE		
PREMIUM MEMBER	\$7.00	\$63.00	\$126.00
PREMIUM MEMBER SENIOR (62+)	\$6.00	\$54.00	\$108.00
PREMIUM MEMBER YOUTH (14-17)	\$5.00	\$40.00	\$80.00
NON-MEMBER	\$8.00	\$72.00	\$144.00
NON-MEMBER SENIOR (62+)	\$7.00	\$63.00	\$126.00
NON-MEMBER YOUTH (14-17)	\$6.00	\$54.00	\$108.00

Class sizes are limited. Preregistration is strongly encouraged @chrcgroupfitness.as.me or ACUITY app for your phone and search for chrcgroupfitness.as.me
Wristbands are required to attend classes and can be obtained at the administrative desks
Classes are for individuals 14 years and older **HEALTHY THE HEIGHTS**