

# GROUP CLASSES 2023-2024

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	6:00AM 6:55AM			STAGES POWER RIDE LIZA (6:00am - 6:55am)		STAGES POWER RIDE LIZA (6:00am - 6:55am)		
LUNCH	12:10PM 12:55PM			METCON LIZA (12:10pm - 12:55pm)	STRONGER U WITH KETTLEBELL LIZA (12:10pm - 12:55pm)	METCON LIZA (12:10pm - 12:55pm)	STRONGER U WITH KETTLEBELL LIZA (12:10pm - 12:55pm)	
EVENING	4:15PM 5:00PM			ANIMAL FLOW FOR YOUTH MARTIN (4:15pm - 5:00pm)		ANIMAL FLOW FOR YOUTH MARTIN (4:15pm - 5:00pm)		
	5:15PM 6:05PM		METCON LIZA (5:15pm - 6:05pm)	ABC'S OF ANIMAL FLOW MARTIN (5:15pm - 6:05pm)	METCON LIZA (5:15pm - 6:05pm)	ABC'S OF ANIMAL FLOW LIZA (5:15pm - 6:05pm)	QIGONG FOR DESK WORKER MARTIN (5:15pm - 6:05pm)	
	6:15PM 7:15PM		ANIMAL FLOW SKILL BUILDING MARTIN (6:15pm - 7:15pm)	QIGONG FOR EMOTIONAL BALANCE MARTIN (6:15pm - 7:15pm)	ANIMAL FLOW SKILL BUILDING LIZA (6:15pm - 7:15pm)	STAGES POWER RIDE 45 MARTIN (6:30pm - 7:15pm)	ZUMBA LIZA (6:15pm - 7:15pm)	

## METCON

METabolic CONditioning is a circuit training to rev up your metabolism using different modalities

## STRONGER U WITH KB

Where strength meets fluidity. A series of functional and versatile movements with kettlebell

## ANIMAL FLOW

Movements, dynamic flows, and bodyweight exercises that will leave you feeling strong, agile, and in sync with your body. This is not like yoga ;)

## STAGES POWER RIDE

Pure indoor cycling power ride with Stages bike

## QIGONG

Qigong is a mind-body practice involving movement, breathing techniques, visualization and meditation.

## ZUMBA

Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere.

Register at the front desk. \*\*\* All classes are by subscription. Drop-ins Allowed for Qigong and Zumba. \*\*\* A minimum of 6 subscriptions is needed to run each class.