



# GROUP FITNESS SCHEDULE

Updated on 5/2/2024. All classes free with membership.

\*Instructors subject to change.

\*New participants should arrive 5-10 minutes early for proper set-up instruction.

## NORTH FITNESS STUDIO

|         | SUNDAY                | MONDAY  | TUESDAY               | WEDNESDAY                | THURSDAY                        | FRIDAY                   | SATURDAY     |
|---------|-----------------------|---|-----------------------|--------------------------|---------------------------------|--------------------------|--------------|
| 5:30am  |                       | Cardio Drill<br>(45 min)                                | GROUP POWER           | Cardio Drill<br>(45 min) | GROUP POWER                     | Cardio Drill<br>(45 min) |              |
| 8:15 am |                       | TBC   | Yoga                  | TBC                      | Prop it Up<br>Yoga              | TBC                      | GROUP ACTIVE |
| 9:30am  |                       | GROUP POWER   | Step<br>Strong        | GROUP POWER              | Cardio Pilates<br>(45 min)      | GROUP ACTIVE             | INSANITY     |
|         | 11:00am<br>Yoga       | 10:45am<br>Parent & Kids<br>Dance Class<br>Ends on 3/25 |                       |                          |                                 |                          |              |
|         | 4:00pm<br>GROUP POWER | 4:30pm<br>Cardio Pilates<br>(45 min)                    | 4:15pm<br>GROUP POWER |                          | 4:15pm<br>Barbell<br>Power Hour |                          |              |
| 5:30 pm |                       | GROUP ACTIVE  |                       | GROUP ACTIVE             | Dance Fit                       |                          |              |








**PLEASE NOTE:** Please bring your personal yoga mat for all yoga classes. The blue and black exercise mats will still be available.

## NORTH AQUATIC FACILITY











|                   | SUNDAY | MONDAY       | TUESDAY      | WEDNESDAY    | THURSDAY     | FRIDAY       | SATURDAY               |
|-------------------|--------|--------------|--------------|--------------|--------------|--------------|------------------------|
| 6:00-<br>6:45am   |        |              |              | Power Aqua   |              |              |                        |
| 8:00-<br>8:45am   |        | Aqua Fitness | Aqua Fitness | Aqua Fitness | Aqua Fitness | Aqua Fitness | 9:00am<br>Aqua Fitness |
| 10:30-<br>11:15am |        |              | Aqua Jam     |              | Aqua Jam     |              |                        |
| 5:30-<br>6:15pm   |        | Aqua Jam     |              | Aqua Jam     | Aqua Jam     |              |                        |

**PLEASE NOTE:** Lap swimming will not be available during class times.

## SOUTH FITNESS STUDIO

|        | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY                  | FRIDAY       | SATURDAY  |
|--------|--|--|---|---|---------------------------|--------------|---|
|        |  |  | 8:30am<br> |   | 8:30am<br>Cardio Strength |              | 8:15am<br>Barbell Power Hour  |
| 9:30am |  |   |   |   |                           | Cardio Drill |  |
| 2:30pm | <br>Ends on 5/5 |  |   |   |                           |              |   |
| 5:30pm |  | <br> | Barbell Power Hour  |  |                           |              |   |

## SOUTH SPIN STUDIO

|         | SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|---------|--|---|---|---|--|---|---|
| 5:30am  |  |  |   | Power Pedal (45 min)  |  |  |   |
| 9:30 am |  |   |              |   |              |   |  |
|         | 11:30am<br> | 12:00pm<br>Power Pedal (45 min)   |   | 12:00pm<br>Power Pedal (45 min)   |  | 12:00 pm<br>Power Pedal (45 min)  |   |
|         |  |   |   |   |  |   |   |
| 5:30pm  |  |  | <br>(30 min) |  | <br>(30 min) |   |   |

# SOUTH YOGA STUDIO

Classes labeled with (R) indicate registration is available. It will guarantee your spot class. Details at [www.amesfitness.com](http://www.amesfitness.com).

|                    | SUNDAY                       | MONDAY                         | TUESDAY                              | WEDNESDAY                      | THURSDAY           | FRIDAY  | SATURDAY                       |
|--------------------|------------------------------|--------------------------------|--------------------------------------|--------------------------------|--------------------|---|--------------------------------|
| 5:30am             |                              | H.I.I.T.<br>BARRÉ<br>WARM      | BARRÉ<br>WARM (R)                    |                                | BARRÉ<br>WARM (R)  |   |                                |
|                    |                              |                                |                                      |                                |                    | 8:30 am<br>Gentle<br>BARRÉ  | 8:15am<br>WARM<br>Vinyasa Flow |
|                    |                              | 9:45am<br>BARRÉ                | 9:30am<br>HOT YOGA                   | 9:15am<br>Yoga                 | 9:30am<br>HOT YOGA | 9:45am<br>BARRÉ   | 9:45am (R)<br>BARRÉ<br>WARM    |
|                    |                              | 11:45am<br>Pilates Yoga Fusion | 11am<br>HOT PILATES<br>Starts on 4/2 | 11:45am<br>Pilates Yoga Fusion |                    | 10:45 am<br>Hands on Yoga   |                                |
| 3:30 pm<br>Yin     |                              |                                | 4:15 pm<br>Yin<br>WARM               |                                |                    | 4:30 pm (R)<br>RAISE THE<br>BARRÉ<br>WARM   |                                |
| 5:00pm<br>HOT YOGA | 5:30pm<br>HOT YOGA           | 5:30pm<br>Yoga Basics          | 5:30pm<br>Yoga Basics                | 5:30pm<br>BARRÉ                | 5:30pm<br>Yoga     | <div style="border: 1px solid black; padding: 5px;"> <b>PLEASE NOTE:</b> We require participants to supply their own yoga mat.                 </div> |                                |
|                    | 6:45pm<br>Hot Fit Sculpt (R) | 6:45pm<br>WARM<br>Vinyasa Flow | 6:30pm<br>HOT YOGA<br>+ Meditation   | 6:45pm<br>Hot Fit Sculpt (R)   |                    |   |                                |

**Barre** A fusion of Pilates, ballet, and yoga with isometric exercises to engage and enhance muscles you didn't even know you had! Get ready to feel the burn! All barre classes are 45 minutes. Gentle and Warm variations also available.

**Hot Fit Sculpt:** Slow weight movements for toning, sculpting along with yoga and cardio bursts to get a complete body workout. (Hot)

**HIIT Barre** Cardio meets Barre meets Interval equals RESULTS! (Warm)

**Hands-on Yoga** Optional hands-on assistance provided. Great for beginners learning yoga, as well as experienced yogis looking to dive deeper into their practice.

**Hot Yoga** 90-97 degrees. Through strengthening postures and intensified heat, hot yoga will detoxify the body and toughen the mind. Taught as Bikram, Moksha, or Vinyasa.

**+Meditation** Experience 15-20 minutes of guided meditation to reach a clear mind and deep relaxation.

**Pilates Yoga Fusion** The best of yoga and Pilates in one class! This fusion workout will strengthen, stretch and tone your entire body through various exercises and equipment.

**Prop it Up Yoga** Use blocks and straps to work through a series of yoga postures for deeper stretches and proper alignment.





**Raise the Barre** Get stronger, leaner and more fit by combining Pilates, yoga, cardio and strength into one amazing workout. (Warm)

**Warm Vinyasa** 80-85 degrees. Focuses on syncing breath to a lively & mindful flow.

**Yin** A slower paced yoga class to target your deep connective tissue. Focus on breath as you hold poses for an extended time to do wonders for joint health, flexibility, circulation, and mental focus.

**Yoga** Gain strength, flexibility, and balance as you learn to unite mind, body, and breath.

**Yoga Basics** Simple postures and flows. Great for beginners.

- Aqua Fitness** Enhance your cardiovascular fitness, muscular strength and endurance, and flexibility all in one workout. Experience the properties of the water and the freedom of movement in this great aqua workout. 45 minutes.
- Aqua Jam** Music-driven aqua fitness. Fun music, fun moves, and a fantastic workout! 45 minutes.
- Cardio Drill** Using a hybrid of athletic drills, agility training, and bootcamp style conditioning, this class will have your heart thumping and your body changing! 55 and 45 minute classes available.
- Cardio Pilates** Improve flexibility, posture, and core strength, with cardio mixed in! Modifications provided for all levels. 45 minutes.
- Dance Fit** Smile and sweat as you master simple dance choreography set to fun music! Look for cardio kickboxing and simple toning to be added into the workout for extra spice!
-  **GROUP ACTIVE®** Feeling fitter, stronger, and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength, and improve your balance and flexibility. A perfect place to start your group fitness experience.
-  **GROUP BLAST** Discover new heights with Group Blast! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises with a step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast this way with Group Blast!
-  **GROUP POWER** A barbell program that strengthens all your major muscles in an inspiring group environment with fantastic music. With simple, athletic movements such as squats, lunges, and curls, this class is great for all ages and levels. Must be 16 years of age or older to attend.
-  **GROUP RIDE®** Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains, and spin your way to burning calories and strengthening your lower body. Motivating music and an inspiring group environment lets you ride on!
-  **INSANITY™** INSANITY™ is a cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. You don't have to be in extreme shape— levels of each exercise are provided.
- Power Aqua** A great workout while giving your joints a break! You really can sweat in the water! 45 minutes.
- Power Pedal** Smile and sweat as you pedal your way through intervals, mountains and more!
-  **R30** R30 will get you fitter and feeling better in only 30 minutes! Perfect for those that are short on time and men and women of all ages, no matter if you're just starting an exercise program or have been racing bikes for years.
- Barbell Power Hour** A barbell strength class that will challenge you and your muscles in new ways each time! By the end of class you will have gotten in a total body lift while having fun to upbeat music. During class we will use a barbell, and dumbbells, everyone is welcome!
- Step Strong** Cardio step with strength intervals. Fun full body workout crafted to maximize your time and boost your mood, energy, and metabolism!
- TBC (Total Body Conditioning)** This class focuses on strengthening and sculpting the body by using weights, tubing, resist-a-balls, and gliding disks. An effective way to increase your overall strength in a functional way for all ages and abilities.
-  **ZUMBA FITNESS** Ditch the workout, join the party! Dance to the beat of high-energy music. Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba Toning also available.
- Cardio Strength** Come and get a great cardio workout using various cardio movements and build your muscles dumbbells. Each class structure may vary from class to class with cardio and strength intermixed thorough out the hour.
- Hot Pilates** High energy, low impact interval class using core and yoga style postures combined into a challenging workout. While using Pilates principles in a heated room. All levels are welcome from beginners to advanced!

*All classes are 55-60 minutes long unless otherwise noted.*

*For Group Power classes, participants must be 16 years of age or older to attend. For all other classes, ages 12-15 may attend with a guardian. For more information or questions, contact Group Fitness Director, Maggie Mollenhauer, at [maggiem@amesfitness.com](mailto:maggiem@amesfitness.com) or (515)232-1911.*