



GROUP FITNESS SCHEDULE

Effective starting 1/5/2025

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		Circuit Fusion (45 Min) Grace	GROUP POWER Kelli	Cardio Drill (45 minutes) Alecia	GROUP POWER Kelli	GROUP ACTIVE Rory	
8:15 am		TBC Adrienne/ Rachel	Yoga Cass	TBC Grace	Prop it Up Yoga Leysan	TBC Michelle	GROUP ACTIVE Jen T
9:30am		GROUP POWER Mandy	Step Strong Carlie	GROUP POWER Mandy	Cardio Pilates (45 Min) Carlie	Cardio Strength Grace	
11:00am Yoga Leysan						11:45am Chair Yoga Leysan	
4:00pm GROUP POWER Nicki	4:30pm Cardio Core Riley	4:15pm GROUP POWER Nicki	4:15pm Chair Yoga Leysan	4:30pm Cardio Core Riley			
5:30 pm		GROUP ACTIVE Jen T		GROUP ACTIVE Jen T	Dance Fit Diny		








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- 6:45am				Power Aqua Kris			
8:00- 8:45am		Aqua Fitness Holly	Aqua Fitness Kris	Aqua Fitness Karen	Aqua Fitness Kris	Aqua Fitness Holly	9:00am Aqua Fitness Nicki/ Haley
10:30- 11:15am			Aqua Jam Nicki		Aqua Jam Nicki		
5:30- 6:15pm		Aqua Jam Jill		Aqua Jam Rebecca	Aqua Jam Holly		

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

SOUTH FITNESS STUDIO




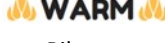



















	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am		Strength & Tone (45 Minutes) Maggie	 Alecia		Cardio Strength Maggie		8:15am  Angie
9:30am				Strength & Tone (45 Minutes) Maggie		Cardio Drill Corinne	 Angie
5:30pm		  Diny	 Grace	 Angie	5:10 Strength + Soft Tissue Tess		

SOUTH SPIN STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Power Pedal (45 min) Melissa		Power Pedal (45 min) Stacey	6:20am Power Pedal (30 min) Spencer	 Ed	
9:30 am			 Kristine		 Rachel		 Kristine
	11:30am  Cathy	12:00pm Power Pedal (45 min) Alecia		12:00 pm Power Pedal (45 min) Corinne		12:00 pm Power Pedal (45 min) Stacey	
					4:30pm Spin & Strength + Soft Tissue (30 min) Tess		
5:30pm		 Julie	 (30 min) Renee	 Ed	 (30 min) Julie/ Renee		

SOUTH YOGA STUDIO

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am			 Alisa		 Liv (R)		
		8:30am Gentle  Cat			7am  Pilates (30 min) Spencer	8:30am Simply Stretch Carlie	8:15am  Vinyasa Flow Cat / Chelsey
		9:30am  Alisa	9:30am  Liv	9:15am Yoga Leysan	9:30am  Kristen	9:45am  Alisa	9:45am  Tracey (R)
	2pm  Tracey (R)	11:45am Pilates Yoga Fusion Deb	11am  Deb	11:45am Pilates Yoga Fusion Rachel/Deb	10:45am  Yoga Ashley	10:45 am Yoga Ashley	
	3:30 pm Yin Jennifer G		4:15 pm  Yin Mary		4:15 pm  Yin Kayla	4:30 pm RAISE THE  Tracey (R)	
	5:00pm  Jack	5:30pm  Jack	5:30pm Yoga Basics Joel	5:30pm  Liv	5:30pm Yoga Jennifer G	PLEASE NOTE: We require participants to supply their own yoga mat.	
		6:45pm  (R) Tracey	7 pm  (45 min) Bri	6:30pm  Cat/ Leysan	6:45pm  Tracey (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)

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. **+Guided Relaxation** Experience 15-20 minutes of guided relaxation 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.

Chair Yoga Get all of the benefits of a regular yoga class from a chair that will allow you to maintain your balance. No getting up & down off the floor!

Simply Stretch: Join us for 45min of restorative stretching to help protect against injury, refresh tired muscles, and keep your body functioning at its best. Relax and rejuvenate in this uplifting, end-of-week body reset.

- 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!
- Cardio Pilates** Improve flexibility, posture, and core strength, with cardio mixed in! Modifications provided for all levels.
- 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!
- 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** 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 while dumbbells. Each class structure may vary from class to class with cardio and strength intermixed thorough out the hour.
- Strength & Tone** Come and get a full body strength workout in a quick 45 minutes. We will incorporate dumbbells, resistance bands and plates. Low Impact class!
- Circuit Fusion** Join in on a fun mix of cardio circuits that include agility and athletic movements. 45 Minute class.
- Spin & Strength + Soft Tissue** This ala-carte class has been created to efficiently focus on optimal workout & recovery methodologies for longevity and performance as we age. Spin: Sprint Interval Training. Strength: Core warmup with HIIT style strength training. Soft Tissue: 15 Minutes of tennis ball trigger point rolling and stretching.
- Cardio Core** Get your sweat on while you work your core. You can expect a cardio circuit intermixed with core moves to leave you feeling like you got a total body workout in! 45 minute class

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 or (515)232 1911.