

MAY FITNESS CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

RAGE SPRINT
6:00am — Diane — GS
45 MINUTES

MY DAILY PRACTICE 🌿
7:00am — Karen — S1

BUTT + GUT
8:30am — Betty — FW

AQUA KICK BOXING
9:30am — Wendy — INP

THE CUT
9:15am — Betty — FW
45 MINUTES

ABS CUT
10:00am — Betty — FW
15 MINUTES

SILVER MOVES
11:00am — Wendy — S1

ROCK CLIMBING
5:00pm — HW {1 HOUR}

SPIN
5:15pm — Nancy — GS

AQUA FIT
5:15pm — Saeideh — INP

GRIT CARDIO
6:00pm — Nancy — FW
45 MINUTES

MINDFUL MONDAY 🌿
6:00pm — Elaine — S1

BODY PUMP
6:45pm — Nancy — FW

LVL 1 BEG. LINE DANCING
7:15pm — Debbie — S1

LVL 2 BEG. LINE DANCING
7:45pm — Debbie — S1

INTERM./ ADV. LINE DANCING
8:15pm — Debbie — S1

MY DAILY PRACTICE 🌿
{NEW TIME}
6:30am — Karen — S1

RAGE POWER
6:00am — Diane — GS
45 MINUTES

GRIT STRENGTH
6:45am — Nancy — FW

CORE FOUNDATION
8:30am — Betty — FW

PROGRESSIVE STRENGTH
9:30am — Betty — FW

YOGA POWER FLOW 🌿
9:45am — Caitlin — S1

BARBELL BASIC FOUNDATION
11:15am — Saeideh — FW

ROCK CLIMBING
5:00pm — HW
1 HOUR

SCULPT WORX
5:00pm — Barbara — FW

BARRE CORE
5:15pm — Saeideh — S1

ZUMBA
6:00pm — William — FW

YOGA + SOUND MEDITATION 🌿
7:00pm — Daniel — S1

GENTLE YOGA WITH MEDITATION 🌿
7:00am — Karen — S1

BEYOND BARRE
8:15am — Elaine — FW

HEALING YOGA FOR MIND + BODY 🌿
9:15am — Elaine — S1

BODY SHOCK
9:15am — Betty — FW

AQUA CARDIO CIRCUITS
9:30am — Wendy — INP

SILVER MOVES
11:00am — Wendy — S1

LOW IMPACT CARDIO
11:15am — Saeideh — FW

MATWORX
4:45pm — Caitlin — FW

ROCK CLIMBING
5:00pm — HW {1 HOUR}

SPIN
5:00pm — Nancy — GS

BARRE STRETCH
5:15pm — Saeideh — S1

NEW! CIRCUIT
6:00pm — Nancy — FW

GRIT STRENGTH
6:30pm — Nancy — FW

YOGA + SOUND MEDITATION 🌿
7:00pm — Daniel — S1

RAGE RHYTHM
6:00am — Diane — GS
45 MINUTES

TRANSFORMATIONAL BREATHWORK 🌿
7:00am — Ananda — S1

AERIAL YOGA 🌿
7:00am — Terra — FW

STRENGTH + STAMINA
9:15am — Mackenzie — FW

YOGA FOUNDATION 🌿
9:15am — Daniel — S1

AQUA FIT
10:30am — April — INP

BALANCE + FLEX
11:15am — Saeideh — S1

ROCK CLIMBING
5:00pm — HW
1 HOUR

MAT WORX
5:15pm — Caitlin — FW

AQUA CARDIO
5:15pm — Saeideh — INP

ZUMBA
6:00pm — William — FW

RELEASE + RESTORE 🌿
6:30pm — Caitlin — S1

SPIN
{NEW TIME}
6:15am — Nancy — GS
30 MINUTES

GRIT STRENGTH
{NEW TIME}
6:45am — Nancy — FW

MY DAILY PRACTICE 🌿
8:00am — Elaine — S1

BOOTY BARRE
8:30am — Betty — FW
30 MINUTES

DRENCHED
9:15am — Betty — FW

SPIN
9:15am — Barbara — GS

AQUA CARDIO CIRCUITS
9:30am — Betty J. — INP

BETTER BALANCE
11:15am — Saeideh — FW

ROCK CLIMBING
5:00pm — HW
1 HOUR

SPIN
7:30am — Nancy — GS

GRIT CARDIO
8:30am — Nancy — FW
45 MINUTES

FIRE + FLOW 🌿
9:00am — Elaine — S1

BODY PUMP
9:15am — Nancy — FW

BUNGEE FLOW
MAY 9 + 23
10:30am — Lorin — FW

ROCK CLIMBING
5:00pm — HW
1 HOUR

LEVEL 1 BEGINNER LINE DANCING
MAY 16 + 30
10:30am — Debbie — FW

LEVEL 2 BEGINNER LINE DANCING
MAY 16 + 30
11:30am — Debbie — FW

SPIN
7:30am — Nancy — GS

RELEASE + RESTORE 🌿
8:00am — Nav — S1

BUTT + GUT
8:15am — Nancy — FW
30 MINUTES

BODY PUMP EXPRESS
8:45am — Nancy — FW
45 MINUTES

ADVANCED LINE DANCING
9:45am — Debbie — FW
2 HOURS

Memorial Day
No Classes after 12:00pm

events
MEMBER MIXER
May 21st
7:00pm

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CLASS LOCATION KEY:
The Foundry: **F** The Gristmill Spin Room: **GS**
Yoga Studio 1: **S1** Fit Works Studio: **FW**

Wellness: 🌿
The High Wall: **HW**
Indoor Pool: **INP**

DESCRIPTIONS

Classes are formatted for all levels {16+} + abilities unless noted.

PICKLEBALL: Complimentary use, 7 days a week. Reservations are required, except during open play. Please visit the adventure center desk for details and to reserve your court. Paddle and ball rentals are available.

ABS CUT: 15 minutes of core toning ab shaping exercises.

ADVANCED LINE DANCING: This class offers faster tempos and intricate choreography for more advanced dancers.

AERIAL YOGA: This form of yoga allows students to perform postures that they may not be able to attempt on a mat. Aerial yoga incorporates moves inspired by pilates, dance and acrobatics.

AQUA CARDIO CIRCUIT: Sample-circuit training, boxing + strength training. A little of everything to get you fit in the pool.

AQUA CARDIO INTERVALS: This class offers cardio burst with toning exercises use various resistance techniques.

AQUA FIT: A shallow water exercise free from impact.

AQUA KICK BOXING: Punch + kick your way to fitness with this fun routine set to high energy music.

BALANCE + FLEXIBILITY: This class incorporates exercises that help strengthen your core, work on lateral movements for stability and exercises that improve movement and balance.

BARRE BODY: This class uses light weights with high repetitions using a body barre and dumbbells to sculpt lean muscles...great for beginners!

BARRE WORKS: This class uses a combo of light weights and body barres to sculpt lean muscles.

BETTER BALANCE: This class focuses on improving balance, strengthening your core and enhancing coordination.

BEYOND BARRE: This class uses a combo of light weights and free standing ballet bars to sculpt lean muscles.

BODY PUMP: The original barbell class that will strengthen + tone your entire body. 10 tracks of great music to inspire you to work hard.

BODY SHOCK: A challenging combination of resistance training, intervals and power training in one class. This workout is advanced but can be modified for all fitness levels. 15 mins of ab and core work.

BOOTY BARRE: Hollywoods hottest barre workout. This is a combination of yoga, pilates, ballet and dance that will lengthen and strengthen your entire body.

BUNGEE FLOW: Bungee flow is a motion based resistance training class. It uses a combination of fitness training + a full body cardio workout that is high intensity all while you float weightlessly. All levels are welcome. {Ages 16+}

BUTT + GUT: Challenge your core and your glutes in this fun 45 minute class.

CARDIO BLAST: This class is all about getting the body moving and the heart pumping. Each class offers a different, but always fun, challenge, combining a range of high-intensity aerobic and body-weight exercises.

CARDIO DANCE: Cardio dance includes a combination of muscle conditioning exercises utilizing hand weights and body bars with intervals of high and low impact cardiovascular exercises for a fun, calorie-blasting workout.

DRENCHED: A great combo of functional movements with empathize on core strength. Add compound movements and this class a fun challenge.

FIRE + FLOW: A creative vinyasa flow incorporating core exercises, arms balances and inversions. Options and modifications are always offered.

GENTLE YOGA WITH MEDITATION: Start your day softly, as you slowly build more energetic + dynamic movements to align the body mind and spirit.

GRIT CARDIO: High intensity interval training. Strength-piyo-cardio. Maximize your results with this intense 45 minute class.

GRIT STRENGTH: A high intensity interval workout that combines great music, coaching, body weight + barbells.

DESCRIPTIONS

Classes are formatted for all levels {16+} + abilities unless noted.

PICKLEBALL: Complimentary use, 7 days a week. Reservations are required, except during open play. Please visit the adventure center desk for details and to reserve your court. Paddle and ball rentals are available.

HARDCORE ON THE FLOOR: A pilates style workout done on the mat to develop a strong core, build flexibility and develop long lean sculpted muscles.

HEALING YOGA FOR MIND + BODY: Use of props is encouraged for this modified movement practice.

MATWORX: A combo of pilates, yoga and core conditioning moves all done on the mat.

MINDFUL MONDAY: A little of everything you love about yoga to wrap up your day.

MY DAILY PRACTICE: Start your morning off with a yoga flow with your body in mind. Includes stretching, core exercises, yoga flow, and balance along with relaxation.

PROGRESSIVE STRENGTH: This is a strength-focused training experience built around heavier weights and lower reps. This is not cardio. This is controlled, powerful lifting designed to build real muscle, improve bone density and increase total-body strength. All levels welcome-we coach form, offer modifications and help you progress safely. If you've been wanting to lift heavier but didn't know where to start this is the class for you.

RAGE SPRINT: This is a high intensity ride that incorporates a vary of strenuous drills within a 30 minutes time.

RAGE POWER: This class is flat, steady hills, sprints and interval training ICG colors helps you track your progress.

RELEASE + RESTORE: This practice starts with priming your mind with breath + energizing your nervous system for the alignment of the body. Come calm your mind and heal the nervous system as you experience the flow of being in the present moment.

RHYZE DANCE: This class is a dance fitness format. It incorporates rhythm driven choreography and blends electronic music with Latin and Global inspired rhythms created to elevate the mind, body and soul.

SCULPT WORX: This class focuses on muscle toning + strengthening through controlled low impact movements using light to moderate weights, bands and barbells.

SILVER MOVES: A functional exercise class with seniors in mind or for anyone seeking a lighter strength class. Standing or seated options using cardio and light weights.

SPIN: High energy indoor cycling that will increase cardiovascular endurance + muscular strength.

STAMINA + STRENGTH: A combination of resistant training with compound movements and cardio intervals.

THE CUT: A choreographed cardio-forward boxing workout with no bags, wraps or rings. Relentless rounds with a rhythmic tone.

TRANSFORMATIONAL BREATHWORK: A dynamic breath technique for deep healing while promoting profound shifts and inner exploration.

WARRIOR REVOLUTION CYCLE: This innovative ride blends the excitement of a party on a bike with the thrill of terrain-based adventures. It caters to newcomers and seasoned riders seeking an edgier experience.

YOGA: Increase flexibility + strength and work the breath for focus + centering.

YOGA POWER FLOW: A dynamic and athletic style of yoga that combines fluid transitions using poses while syncing breath.

YOGA + SOUND MEDITATION: This class shows participants how to do the poses correctly and why they work to support your posture, low back and various immune system functions. It ends with a peaceful + restorative rest period in which a combination of instruments will be played for a relaxing 'cool down'.

ZUMBA: Easy to follow latin dance moves for a cardio workout.