

Group Exercise Schedule



Spring Semester 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Arms & Abs 5:00 pm – 5:45 pm Lea	Cycling 7:00 – 7:45 pm Alaura	Cycling 5:00 – 5:45 pm Olivia	Zumba 5:00 – 6:00 pm Alicia	Zumba 4:00 – 5:00 pm Lensa
BGT 7:00 pm – 8:00 pm Kelly	BGT 8:00 – 9:00 pm Sonia	BGT 7:00 – 7:45 pm Kelly	Cycling 7:00 – 7:45 pm Alaura	BGT 5:00 – 5:45 pm Eric
Zumba 8:00 – 9:00 pm Olivia		Yoga 8:00 – 8:45 pm Steve		

Class Descriptions

Arms & Abs: Meant to sculpt the arms with targeted exercises for the triceps, shoulders, biceps, and upper back. We will also focus on the core to taper and strengthen your torso.

BGT (Butts, Guts & Thighs): This class is designed to isolate those hard to tone muscle groups ...your butt...your gut...and your thighs! Learn to use different equipment and your own body weight to strengthen and tone your core and lower body.

Cycling: A high energy class with great music and motivating instructors guiding you through various sprints, climbs, and flats. You'll be sure to burn plenty of calories with this fun and upbeat bike workout. Open to all, regardless of cycling experience. Seats are limited so be sure to arrive early!

Yoga: All skill levels welcome! Our class styles vary from Vinyasa, Mobility, Restorative, and Renewing Yoga. The instructor will base each class on participants' requests and skill level to ensure a positive time that will relax your body and mind.

Zumba: Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

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