GROUPFIT

Sign Up Required, Please see front desk for assistance.

GYM FLOOR (BASKETBALL COURT) //

	Monday	Tuesday	Wednesday	Thursday
6:30AM	HIIT		HIIT	
8:00AM	Cardio & Sculpt		Cardio & Sculpt	
9:30AM	LesMills BODYPUMP		LesMills BODYPUMP	
10:00AM		Bodies in Motion		Bodies in Motion
11:00AM		Bodies in Motion		Bodies in Motion

AEROBICS STUDIO //

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30AM					LesMills BODYPUMP	
8:15AM					Friday Fitness	LesMills BODYPUMP 8:00AM
8:30AM	Box + Rhythm		Circuit Breakers (landing)	Box + Rhythm		
9:15AM	Rebound	LesMills BODYBALANCE	Rebound	Yoga (9:30)	Friday Flexibility	LesMills BODYBALANCE
9:30AM		Powerup (landing)				
10:30AM	Active Agers	ZUMBA	Active Agers	ZUMBA	ZUMBA	
11:30AM			TruStretch			
12:15PM		FitFusion	Line Dancing (12:30)			
4:00PM	Yoga	LesMills BODYBALANCE		Yoga		
5:15PM	LesMills BODYPUMP	Step (5:30)	LesMills BODYPUMP			
6:15PM	BOOTCAMP		Barre (6:30)	Rebound BOOTCAMP		

SPIN ROOM (TOP FLOOR) //

	Monday	Tuesday	Wednesday	Thursday
6:00AM		SPIN		SPIN
7:45AM		SPIN		SPIN
9:15AM				FitFusion
5:30PM	SPIN	LesMills RPM		

Active Agers w/ Kendra & Sue | This class is designed for the mature adult looking to improve strength and flexibility. Certified in Active Aging, Kendra and Sue will help you meet your fitness and wellness goals!

Bodies in Motion with Kathy | A class for our active, mature adults using a variety of support positions with a chair, designed to improve overall functional fitness. Safe, fun, and effective movements with weights, elastic tubing, and a ball. All levels welcome

BODYPUMP® | BODYPUMP is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit!

BODYBALANCE® | BODYBALANCE® is a fitness class that combines elements of yoga, Tai Chi, and Pilates. It is designed to improve flexibility, strength, balance, and overall well-being. (This class is considered intermediate-advanced. Participants should be able to move from ground to standing position with ease. If you have any additional questions or concerns, please ask for Cherie or Brooke)

Barre with Kristen | barre is a low-impact, full-body workout inspired by ballet, Pilates, and stretching. It focuses on small, controlled movements, high repetitions, and precise alignment to build strength, improve posture, and increase flexibility. All levels welcome.

Bootcamp with Kristen | This class is geared towards all levels. Expect a fun new workout each week designed to challenge your whole body! (*Rebound* Bootcamp sticky socks required)

Box + Rhythm | Boxing and cardio class that can help improve your cardio, precision and strength!

Cardio & Sculpt with Angela | This popular and longstanding class incorporates cardio, endurance, strength and flexibility. All levels welcome.

Circuit Breaker | Circuit style class that includes the rower, TRX straps and more. Meets on the landing.

Fit Fusion with Jenna | This class is for the mat class lover! From barre to Pilates, this class will challenge your body, mind, and soul. All levels welcome.

Friday Fitness with Sue | This circuit-based class focuses on strength, endurance, proper body alignment and balance. All levels welcome.

Friday Flexibility with Sue | Add flexibility to your exercise routine in this mat-based class. We focus on gently loosening the joints and simple static stretching to improve range of motion and functional movement. All levels welcome.

HIIT with Nolton | High-Intensity Interval Training, HIIT, builds cardiovascular fitness while improving muscular strength and endurance. This class is ideal for someone looking to burn serious calories through intense cardio movements! Best for intermediate to advanced levels.

Power Up | The class where everyone, regardless of level, is an athlete. Test your conditioning skills with bodyweight drills and weighted cardio movements to improve endurance and build muscle.
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Rebound Trampoline Fitness | This fitness class is full-body trampoline workout that enhances balance, improves coordination, and builds cardiovascular health. Sign up required. Please see staff member for additional details.

Spin | This indoor cycling class includes fast-paced upbeat tracks and alternating periods of sitting and standing for an amazing interval workout. If it is your first time, please arrive early to ensure proper bike set up and bring a towel and water! All levels welcome.

RPM | This low-impact spin workout is based on the science of cardio peak training. Expect a journey of flat rides, hill climbs and intense sprints. The energizing soundtrack will help you keep pace with the pack. If it is your first time, please arrive early to ensure proper bike set up and bring a towel and water! All levels welcome.

Step with Stacey | The perfect step fitness class for both the new and seasoned step student.

TruStretch with Kathy | This class will help lengthen and stretch tired, achy muscles. This is a great class to enjoy post exercise. All levels welcome.

Yoga | Learn basic Yoga postures that help develop strength, balance, and flexibility. All levels welcome.

Zumba® | Zumba® is an interval-style dance fitness class that combines low-intensity and high intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves.

Line Dancing | Challenge your body AND mind while learning new dance moves to popular songs. No experience (or partner) needed! fFirst Wednesday of the month encouraged for beginners.

CLASSES ARE SUBJECT TO CHANGE.
NEVER MISS A CHANGE. SIGN UP FOR TEXT ALERTS BY TEXTING *WSF* TO *84576*.
M-F | 5AM-9PM // SAT 7AM-7PM

MAT AVAILABILITY IS LIMITED. PLEASE PLAN TO BRING YOUR OWN WHEN POSSIBLE.
FOR INFORMATION ON CHILDCARE, PLEASE VISIT WARREN.CHURCH/WSF OR SEE A STAFF MEMBER.