

# GROUP FITNESS

## Class Schedule: Spring 2025

FITNESS & WELLNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FB</b> 6:30 - 7:30 A.M.	<b>Cycle</b> 6:30 - 7 A.M.	<b>Cycle</b> 7 - 7:45 A.M.	<b>Cycle</b> 6:30 - 7 A.M.	<b>Cycle</b> 7 - 7:30 A.M.	<b>Cycle</b> 8:30 - 9:15 A.M.
<b>Cycle</b> 7 - 7:30 A.M.	<b>FB</b> 6:30 - 7:30 A.M.	<b>FB</b> 7 - 8 A.M.	<b>Sunrise Yoga</b> 6:30 - 7:15 A.M.	<b>Fusion Flow</b> 8 - 8:45 A.M.	<b>FB</b> 8:30 - 9:30 A.M.
<b>Core &amp; Glutes</b> 7:45 - 8:30 A.M.	<b>Cycle</b> 8 - 8:30 A.M.	<b>Core &amp; Glutes</b> 7:45 - 8:30 A.M.	<b>FB</b> 7 - 8 A.M.	<b>Ride &amp; Rep</b> 8 - 9 A.M.	<b>Rep &amp; Restore</b> 9:30 - 10:30 A.M.
<b>Cycle</b> 8:45 - 9:15 A.M.	<b>Mat Pilates</b> 9:15 - 10 A.M.	<b>Cycle</b> 8:45 - 9:15 A.M.	<b>Cycle</b> 8 - 8:30 A.M.	<b>SB Yoga Sculpt</b> 9:45 - 10:30 A.M.	<b>FB</b> 10 - 11 A.M.
<b>Vinyasa Flow</b> 9:30 - 10:15 A.M.	<b>FB</b> 9:30 - 10:30 A.M.	<b>Fusion Flow</b> 9:30 - 10:15 A.M.	<b>Mat Pilates</b> 9:15 - 10 A.M.	<b>FB</b> 10 - 11 A.M.	<b>FB</b> 12 - 1 P.M.
<b>FB</b> 9 - 10 A.M.	<b>Fusion Flow</b> 11:45 - 12:30 P.M.	<b>FB</b> 9:30 - 10:30 A.M.	<b>FB</b> 9 - 10 A.M.	<b>Cycle</b> 11:15 - 11:45 A.M.	<b>Cycle</b> 12 - 12:45 P.M.
<b>Cycle</b> 11:15 - 11:45 A.M.	<b>Core &amp; Glutes</b> 12:30 - 1:15 P.M.	<b>Fusion Flow</b> 11:45 - 12:30 P.M.	<b>Cycle</b> 11:15 - 11:45 A.M.	<b>FB</b> 12 - 1 P.M.	<b>Vinyasa Yoga</b> 1 - 2 P.M.
<b>Yin Yoga</b> 11:45 - 12:30 P.M.	<b>Cycle</b> 2:15 - 3 P.M.	<b>FB</b> 12 - 1 P.M.	<b>Cardio &amp; Core</b> 12:30 - 1:15 P.M.	<b>SB Yoga Sculpt</b> 12:15 - 1 P.M.	<b>FB</b> 2 - 3 P.M.
<b>FB</b> 12 - 1 P.M.	<b>FB</b> 2:30 - 3:30 P.M.	<b>Strength &amp; Core</b> 12:30 - 1:15 P.M.	<b>Cycle</b> 2:15 - 3 P.M.	<b>Cycle</b> 1 - 1:45 P.M.	<b>Cycle</b> 2:15 - 3 P.M.
<b>Cycle</b> 1 - 1:30 P.M.	<b>Vinyasa Yoga</b> 3:15 - 4 P.M.	<b>Cycle</b> 1 - 1:45 P.M.	<b>Fusion Sculpt</b> 3:15 - 4 P.M.	<b>Zumba</b> 1:45 - 2:30 P.M.	<b>Zumba</b> 2:30 - 3:15 P.M.
<b>FB</b> 2 - 3 P.M.	<b>Cycle</b> 4 - 4:45 P.M.	<b>FB</b> 2 - 3 P.M.	<b>FB</b> 2:30 - 3:30 P.M.	<b>Fusion Flow</b> 2 - 2:45 P.M.	<b>FB</b> 4 - 5 P.M.
<b>Vinyasa Yoga</b> 2:15 - 3:15 P.M.	<b>FB</b> 4 - 5 P.M.	<b>Yin Yoga</b> 2:15 - 3 P.M.	<b>FB</b> 4 - 5 P.M.	<b>FB</b> 2:15 - 3:15 P.M.	<b>Cycle</b> 5 - 5:45 P.M.
<b>Cycle</b> 3 - 3:45 P.M.	<b>Cardio &amp; Core</b> 4:30 - 5:15 P.M.	<b>Cycle</b> 3 - 3:45 P.M.	<b>Ride &amp; Rep</b> 5 - 6 P.M.	<b>Cycle</b> 4 - 4:45 P.M.	
<b>FB</b> 3:30 - 4:30 P.M.	<b>Fusion Sculpt</b> 5 - 5:45 P.M.	<b>FB</b> 3:30 - 4:30 P.M.	<b>Vinyasa Yoga</b> 5 - 5:45 P.M.	<b>FB</b> 5 - 6 P.M.	
<b>Strength &amp; Core</b> 4:30 - 5:15 P.M.	<b>FB</b> 5:30 - 6:30 P.M.	<b>Cycle</b> 5 - 5:45 P.M.	<b>Core &amp; Glutes</b> 5:15 - 6 P.M.	<b>FB</b> 5:30 - 6:30 P.M.	
<b>Cycle</b> 5 - 5:45 P.M.	<b>Ride &amp; Rep</b> 6 - 7 P.M.	<b>FB</b> 5:15 - 6:15 P.M.	<b>FB</b> 5:30 - 6:30 P.M.	<b>FB</b> 5 - 6 P.M.	
<b>FB</b> 5:15 - 6:15 P.M.	<b>FB</b> 7 - 8 P.M.	<b>Mat Pilates</b> 5:30 - 6:15 P.M.	<b>Cycle</b> 7 - 7:45 P.M.	<b>FB</b> 5 - 6 P.M.	
<b>Yoga Sculpt</b> 5:30 - 6:30 P.M.	<b>Zumba</b> 7:15 - 8 P.M.	<b>Zumba</b> 6 - 6:45 P.M.	<b>FB</b> 7 - 8 P.M.	<b>FB</b> 5 - 6 P.M.	
<b>Cardio Dance</b> 6 - 6:45 P.M.	<b>Cycle</b> 7:30 - 8:15 P.M.	<b>FB</b> 7 - 8 P.M.	<b>SB Yoga Sculpt</b> 7:15 - 8 P.M.	<b>FB</b> 5 - 6 P.M.	
<b>Cycle</b> 7 - 7:45 P.M.	<b>Yin Yoga</b> 7:30 - 8:15 P.M.	<b>SB Yoga Sculpt</b> 7:30 - 8:15 P.M.	<b>Zumba</b> 8 - 8:45 P.M.	<b>FB</b> 5 - 6 P.M.	
<b>FB</b> 7 - 8 P.M.		<b>Cycle</b> 7:30 - 8:15 P.M.		<b>FB</b> 5 - 6 P.M.	
<b>Mat Pilates</b> 7:30 - 8:15 P.M.		<b>Zumba</b> 8 - 8:45 P.M.		<b>FB</b> 5 - 6 P.M.	
<b>Zumba</b> 8 - 8:45 P.M.				<b>FB</b> 5 - 6 P.M.	

### SUNDAY

- Cycle**  
9:45 - 10:30 A.M.
- FB**  
12 - 1 P.M.
- HIIT**  
1:30 - 2:15 P.M.
- Cycle**  
1 - 1:45 P.M.
- FB**  
2:30 - 3:30 P.M.
- Zumba**  
3 - 3:45 P.M.
- Cycle**  
4 - 4:45 P.M.
- Yoga Sculpt**  
4:15 - 5:15 P.M.
- FB**  
5 - 6 P.M.
- Mat Pilates**  
6:15 - 7 P.M.
- Cycle**  
6:15 - 7 P.M.

**FREE CLASS**

### Fitness FriYAY!

Celebrate Fridays with us

Every other Friday at NorthREC\*

5 - 6 P.M.

Scan QR code to confirm date & location

\*In Desert or Sunset at NorthREC

**FREE CLASS**

### KEY

#### Class Formats

- Cardio
- Cycle
- Mind Body
- Strength
- Strength & Cardio

**FREE Class**

#### SouthREC Locations

- Cycle
- Larson
- Room A
- Room B

#### NorthREC Locations

- Desert
- Queenax
- Sunset
- Honors Village

**NOTE**  
No classes on January 20 or March 8-16

# GROUP FITNESS

## Class Descriptions



### Accessibility Levels

**OPEN ACCESSIBILITY** Classes are appropriate for all skill and fitness levels. Exercises can be modified to be seated, laying or standing to fit the format of the class. Intensity is based on your comfort level and self-pacing.

**MODERATE ACCESSIBILITY** Exercises can be modified but minor portions of the format may provide a barrier to some participants. Moderate movement skills and intensities are programmed but can be adapted.

**LIMITED ACCESSIBILITY** Class is designed for higher intensity and movement. Modifications are provided; however, depending on the format, there may be barriers. Higher intensities and skilled movements will be demonstrated and encouraged but are not necessary to the efficacy of the class. All levels of fitness are still encouraged to participate and intensity is based on your comfort level and self-pacing.

### Fitness FriYAY!

**FITNESS FRIYAY!:** Celebrate Friday with us! Every other Friday, we will offer a free special class with double the instructors! Fitness FriYAY will consist of a mix of both standard and new class formats. Check out the schedule on our website for more details! 🐾 – 🐾 🐾 🐾

### F45

**F45:** The world's fastest-growing functional training network. This class offers a high-intensity, circuit-style workout for all individuals. You will get the chance to use diverse equipment and movement patterns to increase cardiorespiratory, joint, and muscular health. All workouts are created by the F45 database of over 3,000 different exercises, so you will never get the same workout twice. 🐾 🐾 🐾

### Strength

**CORE & GLUTES:** Focus on your core strength and stability with this express class. This class will challenge the way you think about core training and take you beyond your normal floor crunches. Exercises are designed to challenge all of the muscles of the core to improve posture, balance, and overall body function. 🐾

**REP & RESTORE:** A full-body workout that incorporates strength training and mind-body practice! You will start the class using high-energy music as your pacer while you build strength and cardio. This is followed by a restorative mind-body practice. All levels are welcome for this great workout! 🐾

**STRENGTH & CORE:** Strength training isn't just for the weight room. This class will focus on using resistance training equipment and body weight to help develop muscular strength and endurance. The class will also focus on training your core to help increase your total body strength. 🐾

### Cardio & Dance

**CARDIO DANCE:** Dance the day away with this aerobic workout which features easy to follow choreography. This class offers multiple styles such as Latin, hip hop, fitness, and more! This is a great class for those looking for a diverse experience. Whether you are brand new or an experienced dancer, you will be sure to break a sweat and have a great time moving in this class. 🐾 🐾

**ZUMBA:** A dance-based fitness class featuring exotic rhythms that are set to high-energy Latin and international beats. This class offers a fun way to get the benefits of cardiovascular training while having fun within Zumba's dance community. All are welcome to join! 🐾 🐾

### Cardio & Strength

**CARDIO & CORE:** Get your heart pumping while you have a blast in Cardio & Core! This class offers a high-energy workout that combines high-intensity cardio exercises with inclusive core movements. Come ready to have fun, challenge yourself, and meet your goals! 🐾 🐾

**HIIT:** Join us for High-Intensity Interval Training (HIIT), a total body, heart pumping, anaerobic, and strength conditioning workout! This interval-based class combines full-body strength training with high-intensity cardio bursts designed to increase strength, improve your endurance, and push your boundaries. 🐾 🐾 🐾

**RIDE & REP:** Feel invigorated with this combined cycling and resistance training class! Ride & Rep offers a high-energy cardio workout with a resistance-based strengthening workout. Challenge yourself with this full-body-focused class. 🐾 🐾 🐾

### Cycling

**CYCLE:** A high-energy cycling workout that will push your fitness limits and will build muscular strength and cardiorespiratory endurance through a mix of interval training, climbs, endurance work, and sprints. Training on a bike makes this workout low-impact, yet challenging. Make this class as intense as you wish- it is YOUR ride! 🐾 🐾

### Mind/Body

**FUSION FLOW:** A mind/body class that combines yoga, Pilates, and core practices. This class offers a chance to increase your strength, mobility, and mindfulness. Come discover how your inner strength can shine! 🐾 🐾

**FUSION SCULPT:** A combination of an inspired vinyasa flow with free weights to improve muscular endurance. It is a fun full body workout that provides high energy music! Whether you are new to mind/body or experienced, this class will provide all levels with a unique challenge both physically and mentally! 🐾 🐾

**MAT PILATES®:** This class will focus on concentration, centering, control, breath, precision, and flow through a series of movements and exercises that advance training and core strength. This combination of purposeful movements helps to improve posture, muscle endurance, and core stability. Pilates is a great way to reduce stress. 🐾 🐾

**SOULBODY® YOGA SCULPT:** A total-body workout that combines yoga-inspired poses, cardio surges, and strengthening movements designed to build endurance and promote mindfulness. Choose your intensity and meet us on the mat! 🐾 🐾

**SUNRISE YOGA:** An energizing, morning yoga practice that gives you the chance to stretch your body with mindful postures and steady breathing. Sunrise Yoga will help you feel awakened and energized to take on the rest of your day. 🐾

**VINYASA YOGA:** A flow-sequenced yoga practice that uses a series of flowing postures linked by the breath to stretch and strengthen your body and mind. This class offers various flowing postures to create energy from within and utilizes the connection between body and breath. 🐾

**YIN YOGA:** A slow-paced yoga practice where participants hold poses for extended periods, typically three to five minutes. This class targets deep connective tissues, enhancing flexibility and joint mobility while promoting relaxation and mindfulness through deep breathing and stillness. All are welcome for this grounding class! 🐾

**YOGA SCULPT:** This class incorporates traditional yoga poses and hand weights with cardiovascular and muscular training. This practice starts by setting an intention with a 15-minute yoga Sun A and Sun B flow and leads into exercises that target the total body. After a full body workout, the class returns to traditional yoga poses and the initial intention of class to prepare for final savasana. 🐾 🐾

