

# GROUP FITNESS

## Spring 2026 Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
F45 7 - 8 A.M.	Cycle 6:30 - 7 A.M.	Cycle 7 - 7:30 A.M.	Cycle 6:30 - 7 A.M.	sbYoga Sculpt 8 - 8:45 A.M.	Cycle 8:30 - 9:15 A.M.
Yoga Sculpt 7:30 - 8:15 A.M.	F45 6:30 - 7:30 A.M.	F45 7 - 8 A.M.	F45 6:30 - 7:30 A.M.	Cycle 9 - 9:45 A.M.	F45 8:30 - 9:30 A.M.
Cycle 8 - 8:30 A.M.	Cycle 7 - 7:30 A.M.	Yoga Sculpt 7:30 - 8:15 A.M.	Cycle 7 - 7:30 A.M.	F45 9:30 - 10:30 A.M.	Mat Pilates 9:30 - 10:30 A.M.
Cycle 8:15 - 8:45 A.M.	Yoga Sculpt 7:30 - 8:15 A.M.	Cycle 8:15 - 8:45 A.M.	Yoga Sculpt 7:30 - 8:15 A.M.	Core & Glutes 10:30 - 11:15 A.M.	Tempo Training 9:45 - 10:45 A.M.
F45 9:30 - 10:30 A.M.	sbYoga Sculpt 8:30 - 9:15 A.M.	Rep & Core 9 - 9:45 A.M.	Mat Pilates 8 - 8:45 A.M.	Fusion Sculpt 11 A.M. - 12 P.M.	F45 10 - 11 A.M.
Yoga Sculpt 9:45 - 10:30 A.M.	F45 9:30 - 10:30 A.M.	Mat Pilates 9:15 - 10 A.M.	TRX & Core 9 - 9:45 A.M.	F45 12 - 1 P.M.	Cycle 10:30 - 11 A.M.
Range & Recovery 10 - 10:45 A.M.	Fusion Flow 11:30 A.M. - 12:15 P.M.	F45 9:15 - 10:15 A.M.	Cycle 9:15 - 9:45 A.M.	Vinyasa Yoga 1 - 2 P.M.	Power Yoga 11 - 11:45 A.M.
Fusion Flow 11:30 A.M. - 12:15 P.M.	F45 11:30 A.M. - 12:30 P.M.	Cycle 11 - 11:30 A.M.	F45 9:30 - 10:30 A.M.	F45 2:30 - 3:30 P.M.	Mat Pilates 11:30 A.M. - 12:30 P.M.
F45 12 - 1 P.M.	Vinyasa Yoga 12 - 1 P.M.	F45 12 - 1 P.M.	Vinyasa Yoga 10 - 10:45 A.M.	MixxedFit 3 - 3:45 P.M.	F45 12 - 1 P.M.
TRX & Core 12:15 - 12:45 P.M.	sbYoga Sculpt 1:30 - 2:15 P.M.	Yoga Sculpt 12:15 - 1 P.M.	Cycle 10:30 - 11 A.M.	Fusion Flow 3 - 4 P.M.	Cycle 1:30 - 2:15 P.M.
Cycle 12:30 - 1 P.M.	Mat Pilates 2 - 2:45 P.M.	Core & Glutes 1:30 - 2:15 P.M.	F45 11 A.M. - 12 P.M.	Cycle 4 - 4:30 P.M.	
Cycle 2:15 - 3 P.M.	Cycle 2:15 - 2:45 P.M.	Yoga Sculpt 2:15 - 3 P.M.	Yoga Sculpt 12 - 12:45 P.M.	F45 5 - 6 P.M.	
F45 3 - 4 P.M.	F45 2:30 - 3:30 P.M.	F45 2:30 - 3:30 P.M.	Cardio & Core 1 - 1:45 P.M.	Fitness FriYAY! 5:30 - 6:30 P.M.	
Yoga Sculpt 3:15 - 4 P.M.	Cycle 2:45 - 3:30 P.M.	Mat Pilates 4 - 4:45 P.M.	Cycle 2 - 2:45 P.M.		
Cycle 5:15 - 6 P.M.	Mat Pilates 3 - 3:45 P.M.	Cycle 4:15 - 5 P.M.	F45 2:30 - 3:30 P.M.		
F45 5:30 - 6:30 P.M.	Vinyasa Yoga 5 - 5:45 P.M.	Strength & Core 5:15 - 6 P.M.	Cycle 4:15 - 5 P.M.		
Vinyasa Yoga 6 - 6:45 P.M.	F45 5:30 - 6:30 P.M.	F45 5:30 - 6:30 P.M.	F45 5:30 - 6:30 P.M.		
Yoga Sculpt 6:30 - 7:30 P.M.	Yoga Sculpt 5:30 - 6:30 P.M.	sbYoga Sculpt 6 - 6:45 P.M.	Mat Pilates 6 - 6:45 P.M.		
Cycle 6:45 - 7:30 P.M.	Cycle 5:45 - 6:30 P.M.	Mat Pilates 6:30 - 7:15 P.M.	Yin Yoga 6:30 - 7:30 P.M.		
Zumba 7 - 8 P.M.	Cycle 6:30 - 7:15 P.M.	Cycle 6:45 - 7:30 P.M.	Cycle 7 - 7:45 P.M.		
F45 7 - 8 P.M.	F45 7 - 8 P.M.	F45 7 - 8 P.M.	F45 7 - 8 P.M.		
Zumba 7 - 8 P.M.	F45 7 - 8 P.M.	Zumba 7:15 - 8 P.M.	Zumba 7:15 - 8 P.M.		

**FREE CLASS**

**Fitness FriYAY!**

Celebrate Fridays with us

Every other Friday at North Rec\*  
5:30 - 6:30 P.M.

Scan QR code to confirm date & location

\*In Queenax or Sunset at North Rec

**FREE CLASS**

### NOTE

FREE week January 14-20.  
No classes on January 19, March 7-15 or April 5.  
Half-off Fitness Passes starts March 16.

KEY				
<b>Class Formats</b>		<b>South Rec Locations</b>		
Cardio	Cycle	Larson		
Mind Body	Strength	Room A		
Strength & Cardio		Room B		
<b>FREE Class</b>		Cycle		
		Queenax		
		Sunset		
		Honors Village		



# 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.

### 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 cardio respiratory, 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.

### 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!

**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 the muscles of the core to improve posture, balance, and overall body function.

**REP & CORE:** Resistance 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, hypertrophy, and endurance. The class will also focus on training your core to help increase your total body strength.

**TEMPO TRAINING:** In this full body workout, you'll use high-energy music as your pacer while you build muscular adaptations. Using light to moderate weight selection, this resistance workout emphasizes proper alignment and form and is appropriate for beginners and experienced lifters alike.

**TRX & CORE:** Utilize TRX, hanging bars, bands, and more to help build full body muscular adaptations! This class will get you moving on and off the Queenax to help you achieve your fitness goals in a fun and unique way!

**NEW! XFIT TRAINING:** This Cross-Training class will provide a structured program to develop muscular strength, power, and endurance while adding in training variation through a WOD (Workout of the Day). The WOD would include Olympic and compound lifts, supersets, and compound sets in a circuit style format to provide a fun and challenging workout in a community focused environment! With an experienced and certified coach on hand, they'll be able to individualize and adjust programming based on the athlete's experience level and needs.

### Cycling

**CYCLE:** A high-energy cycling workout that will push your fitness limits and will build muscular strength and cardio respiratory 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!

### Dancing

**MIXXEDFIT:** A people-inspired dance fitness program that is a mix of explosive dancing and bootcamp. This class will give you a total body workout with fun, nightclub dances combined with challenging, bootcamp-inspired exercises. If you like squats, jumping jacks and shaking it off, join us at MixxedFit!

**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!

### 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.

**POWER YOGA:** Expand your practice with this dynamic, challenging flow. This class will help you class increase your flexibility and advance your training by moving more rapidly through traditional poses. Learn the power of proper alignment, breathing, and high-energy movements.

**SOUL BODY YOGA SCULPT:** Combines the foundations of yoga with traditional resistance exercises and cardio bursts for a mindfully intense workout. Designed to work the entire body, each pre-choreographed release has been carefully crafted with a variety of dynamic exercises that bring balance from head to toe. Alignment and safety are top priority, so each release offers modifications making Yoga Sculpt a class for any fitness level!

**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.

**YOGA SCULPT:** Yoga Sculpt 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 to return to the initial intention of class and prepare for final savasana.

**YIN YOGA:** A slow-paced practice where postures are held for extended typically 3-5 minutes! Yin Yoga targets deep connective tissue, enhances flexibility and joint mobility

### 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 class formats on both the schedule and new offerings. Check out the schedule on our website for more details! Class dates: 9/5, 9/19, 10/3, 10/17, 10/31, 11/14, 12/5