




Group Fitness Schedule

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Cycling SPIN STUDIO Valerie	5:45am GTS® Strength GTS® STUDIO Kere	5:30am Cycling SPIN STUDIO Laurie	5:45am GTS® Strength GTS® STUDIO Kere	5:30am Spinning® SPIN STUDIO Beatriz	8:00am GTS® HIIT GTS® STUDIO Denise M
8:00am R.I.P.P.E.D MAIN STUDIO Melissa	7:00am Power Cycling SPIN STUDIO Kristin	7:45am Super Circuit MAIN STUDIO Kristin	7:00am Power Cycling SPIN STUDIO Kristin	7:45am Power Yoga MAIN STUDIO Kristin	8:00am Spinning® SPIN STUDIO Joe
8:15am GTS® Pilates GTS® STUDIO Denise M	8:30am Aerobics MAIN STUDIO Cheryl	8:00am GTS® Pilates+ GTS® STUDIO Denise M	8:30am Aerobics MAIN STUDIO Cheryl	9:00am CardioBoxing MAIN STUDIO Kere	9:00am GTS®Strength GTS® STUDIO Lisa
9:00am Spinning® SPIN STUDIO Beatriz	8:30am Spinning® SPIN STUDIO Carmen	8:30am Tai Chi YOGA STUDIO Chris	8:30am Spinning® SPIN STUDIO Carmen	9:00am GTS®Pilates+ GTS® STUDIO Melissa	9:00am BODYPUMP® MAIN STUDIO Shanna
9:00am BodyShock MAIN STUDIO Carmen	8:30am GTS®Strength GTS® STUDIO Denise M	9:00am CardioBoxing MAIN STUDIO Oliver	9:00am GTS® HIIT GTS® STUDIO Melissa	9:30am Aquacise* DEEP POOL Barbara	9:15am All Levels Yoga YOGA STUDIO CharTara
9:15am GTS®Strength GTS® STUDIO Steffany	9:30am Barre SPIN STUDIO Carmen	9:00am Spinning® SPIN STUDIO Beatriz	9:30am Barre SPIN STUDIO Denise M	10:00am BodyShock MAIN STUDIO Carmen	9:30am Power Cycling SPIN STUDIO Kristin
9:30am Aquacise* DEEP POOL Barbara	9:30am Aquacise* DEEP POOL Barbara	9:30am Aquacise* DEEP POOL Barbara	9:30am Aquacise* DEEP POOL Dusty	10:30am All levels Yoga YOGA STUDIO CharTara	10:15am Zumba® MAIN STUDIO Darlene
10:30am IntermediateYoga YOGA STUDIO Bob	9:30am BODYPUMP® MAIN STUDIO Kristina	10:00am Zumba® MAIN STUDIO Melissa	9:30am BODYPUMP® MAIN STUDIO Kristina	KEY TO CLASSES Cardio Cycling/Spinning® GTS® Pool *no class below 55° Strength Yoga/Tai Chi RED = New class, time, instructor or class name	SUNDAY 8:30am Spinning® SPIN STUDIO Heather For the most current schedule 
11:00am Tai Chi MAIN STUDIO Dotty	10:40am AquaZumba* LAP POOL Shanna	10:30am Advanced Yoga YOGA STUDIO Bob	10:30am Yoga Fusion YOGA STUDIO Jan		
5:30pm BODYPUMP® MAIN STUDIO Hollie	10:30am Beginner Yoga YOGA STUDIO CharTara	5:30pm BODYPUMP® MAIN STUDIO Alyssa	5:30pm SHRED MAIN STUDIO Bethany		
<i>Fitness is not about being better than someone else, it's about being better than you used to be.</i>	5:30pm SHRED MAIN STUDIO Bethany	Buti Yoga-MONDAY AND WEDNESDAY 6:30pm YOGA STUDIO, Sunday 10:00 am MAIN STUDIO with Bethany EXTRA FEE APPLIES	6:00pm Spinning® SPIN STUDIO Joe		
	6:30pm CardioBoxing MAIN STUDIO Steffany		6:30pm CardioBoxing MAIN STUDIO Steffany		

Check it out!

Tai Chi with Chris has moved to Wednesday at 8:30 am in the Yoga Studio

Shanna is teaching BODYPUMP® on Saturday at 9:00 am in the Main Studio and AquaZumba on Tuesday at 10:40 am

Spin with Heather on Sunday mornings at 8:30 am in March

CLUB HOURS: Monday-Friday: 4:30am to 9pm, Saturday: 7am to 6pm, Sunday: 8:00am to 5pm

KIDS FIT HOURS: Monday-Friday: 8:30am to 12:30pm & 4:00pm to 7:30pm, Saturday: 8:30am to 12:30pm, Sunday: CLOSED

1060 6th Avenue, Vero Beach, FL 32960 • (772) 567-1400

Group Fitness Class Descriptions

Advanced Yoga Challenging practice which includes inversions - extensive yoga experience recommended. **90 MINUTES**

Aerobics Start your day off right with this low impact aerobics class. All levels of fitness are welcome.

All Levels Yoga All Levels Yoga (class is customized depending on ability level of students who show up that day). Basic level of fitness is required - No prior yoga experience necessary. **75 MINUTES**

Aquacise This low impact, deep-water resistance training class is suited for all levels.

Aqua Zumba® Same music and 'flavor' of a basic Zumba class except that the moves have been 'aqua sized' making this a high energy, one of a kind class that can literally accommodate all fitness levels!

Barre A combination of dynamic Pilates moves, ballet-inspired barre exercises, strength with light dumbbells and bursts of cardio to sculpt and tone from head to toe. No dance experience required.

Beginners Yoga Enjoy the benefits of practicing yoga. This class will be taught for those just beginning their practice. Beginning Yoga - Level 1 poses (based on Iyengar system) No prior yoga experience necessary. Bring your mat. **90 MINUTES**

BODYPUMP® A high-intensity weight lifting and conditioning class designed for all levels. Hot sounds and compelling choreography will keep you going through each workout. **60 MINUTES**

BodyShock HIIT Boost your metabolism with HIIT (High Intensity Interval Training) Build a leaner body and increase endurance. Full aerobic and strength conditioning combining strength training with cardio bursts burning calories up to 48hrs after a complete HIIT routine.

Cardio Boxing Expect a high-intensity, fat burning, butt-kicking and body toning workout in every class, using a variety of equipment and familiarizing you with an array of exercise techniques. Bag gloves are recommended but not required. All levels of fitness are welcome.

GTS® HIIT Kick your GTS Strength workouts up a notch utilizing a high intensity interval training format for maximum results in minimum time. **45 MINUTES**

GTS® Pilates and GTS® Pilates+ The Total Gym GTS machine is used to focus on alignment, breath, core control, and strength. Inspired by mindful movements of the Pilates reformer, mat Pilates, yoga and ballet barre exercises. Work at your level of ability. **45 MINUTES MONDAY**

GTS® Strength These group training sessions offer total-body functional conditioning with the Total Gym GTS machine that maximizes efficiency and effect. Become strong, confident and stable. Work at your level of ability and pace. **45 MINUTES**

Power Cycling A high intensity workout with climbs, runs, jumps and sprints. Athletes encouraged for cross training. **75 MINUTES AND 15 MINUTES OF ABDOMINALS = 90 MINUTES TOTAL (Saturday)**

Power Yoga All levels encouraged for a challenging power vinyasa from vigorous sun salutations to balancing postures and core work as well as seated and reclined postures. **60 MINUTES**

R.I.P.P.E.D A total body workout that puts fun in functional fitness. The formula combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet to help increase metabolism, sculpt lean muscles and improve cardio performance. Cardio, Weights, Fun, Done!!!

SHRED High intensity, full-body workout that will burn fat, sculpt lean muscle and increase overall strength through plyometrics, cardio interval training and weights. Bring water and a towel, you'll need it!

Spinning®/ Cycling Cycle through drills of cardio interval challenges, hills, varying cadence, resistance, and endurance segments. Emphasis on good form and safety. New participants, please come in ten minutes early. **45 MIN CLASSES: 5:30am M/F&8:30am T/Th. 60 MIN CLASS:WED 5:30am**

Super Circuit A full body workout using weights, bands, stability balls and gliding discs on and off the step incorporating cardio intervals and plyometrics. **60 MINUTES**

Tai Chi: Moving for Better Balance A gentle way to improve your health and energy, regular practice promotes improved balance, coordination, and stress reduction. **30 MINUTES MON, 45 MINUTES WED**

Yoga Fusion An innovative, playful, ever changing, fun class strongly based on the principles of yoga. Fresh way to promote greater core strength, improved balance, symmetry, increased body awareness and flexibility and calmer, clearer minds. All levels welcome in an encouraging environment. **60 MIN**

ZUMBA® Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is "exercise in disguise".

ALL CLASSES ARE 55 MINUTES UNLESS NOTED OTHERWISE