

WV Fitness 24 Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recovery Yoga 5:00AM - 5:50AM Studio 1	Bootcamp 6:00AM - 7:00AM Studio 2	Power Yoga 5:00AM - 5:50AM Studio 1	Cardio HIIT 6:00AM - 7:00AM Studio 1	Bootcamp 6:00AM - 7:00AM Turf	Cardio Kickboxing 8:00AM - 9:00AM Studio 1	Turn Up Fitness 11:30AM - 12:15PM Studio 1
Cardio Kickboxing 6:00AM - 7:00AM Studio 1	Cardio HIIT 7:30AM - 8:15AM Studio 1	Cardio HIIT 6:00AM - 7:00AM Studio 1	Cardio Kickboxing 8:00AM - 9:00AM Studio 1	Power Hour 8:00AM - 9:00AM Studio 1	The Mashup 9:30AM - 10:30AM Studio 1	Yin Yoga 5:00PM - 6:00PM Studio 1
Torch N Tone 8:00AM - 9:00AM Studio 1	BODYPUMP™ 9:00AM - 10:00AM Studio 1	Power Hour 8:00AM - 9:00AM Studio 1	SpinSprint 8:15AM - 8:45AM Studio 2	HIIT Strength 9:00AM - 10:00AM Studio 2	Aqua Zumba 10:00AM - 11:00AM Pool	Dynamic Yoga 6:00PM - 7:00PM Studio 1
Slow Burn 9:00AM - 9:45AM Studio 2	Zumba 4:15PM - 5:00PM Studio 1	Total Body Circuit 9:00AM - 10:00AM Studio 1	BODYPUMP™ 9:00AM - 10:00AM Studio 1	Aqua Aerobics 9:00AM - 10:00AM Pool	Pilates 11:00AM - 12:00PM Studio 1	
Aqua Aerobics 9:00AM - 10:00AM Pool	Reps and Sets 4:30PM - 5:10PM Studio 2	Aqua Aerobics 9:00AM - 10:00AM Pool	Zumba 4:15PM - 5:00PM Studio 1	Barbell 9:30AM - 10:30AM Studio 1		
Pound 10:00AM - 10:45AM Studio 1	Tabata 5:15PM - 6:15PM Studio 2	Strong 45 10:00AM - 10:45AM Studio 2	Total Body Circuit 5:15PM - 6:15PM Studio 1	Spin to the Hits 10:00AM - 11:00AM Studio 2		
Aqua Arthritic 10:00AM - 11:00AM Pool	Stakd Step 5:15PM - 6:00PM Studio 1	Aqua Arthritic 10:00AM - 11:00AM Pool	Booty 5:15PM - 6:15PM Studio 2	Aqua Arthritic 10:00AM - 11:00AM Pool		
Spin 4:00PM - 4:45PM Studio 2	Turn Up and Tone 6:00PM - 6:45PM Studio 1	Pure Strength 4:00PM - 4:45PM Studio 2	Pilates 6:30PM - 7:00PM Studio 1	Spin and Strength 4:00PM - 5:00PM Studio 2		
Cardio Kickboxing 4:10PM - 4:55PM Studio 1	Spin and Strength 6:25PM - 7:25PM Studio 2	Turn Up Fitness 4:00PM - 4:45PM Studio 1		Cardio HIIT 4:15PM - 5:15PM Studio 1		
Stak'd Dance Bootcamp 5:00PM - 5:50PM Studio 1	Self Defense 7:00PM - 8:00PM Studio 1	Sweat Revolution 5:00PM - 5:45PM Studio 1				
Agility and Strength 5:00PM - 6:00PM Studio 2		Booty Circuit 5:15PM - 6:00PM Studio 2				
BODYPUMP™ 6:00PM - 7:00PM Studio 1		BODYPUMP™ 6:00PM - 7:00PM Studio 1				
Aqua Zumba 6:00PM - 7:00PM Pool		Aqua Zumba 6:00PM - 7:00PM Pool				

Agility and Strength

A combination of cardio and weight training. Utilizing quick bursts of cardio to increase endurance and agility, combined with total Body strength training, you will improve muscle tone along with endurance and speed. Short rest periods will ensure you stay within the fat burning zone. Agility and Strength is suitable for all fitness levels, and easily modified to fit your individual level and goals

Aqua Aerobics

Water aerobics is a form of aerobic exercise that takes place in the water and is usually composed of a variety of exercises. Although almost anyone can participate in water aerobics, the sport is ideal for people with back pain, elderly people or people with delicate bone structures and those who would like to lose weight without putting too much strain on their bodies.

Aqua Arthritic

The aqua arthritic class is a lower intensity Aqua class that utilizes the foam noodles as opposed to the foam weights for even lighter impact on the joints while helping build strength and flexibility

Aqua Zumba

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Barbell

Utilizing free weights and barbells this all strength class will give you a great start to your Friday morning

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Bootcamp

Incorporates body weight, as well as resistance and cardio exercises for a great workout. All levels welcome, this class is modifiable.

Booty

This 45 min class is sure to challenge your lower body using a combination of body weight, and resistance training.

Booty Circuit

This 45 min class utilizes circuit training to engage the glutes, quads, hamstrings and lower body.

Cardio HIIT

A high-intensity interval training workout which focuses on full body strength conditioning paired with cardio bursts. *This class is recommended for those who have been taking a group fitness class and are advanced in their fitness journey

Cardio Kickboxing

Combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you

build lean muscle with this fun and challenging workout.

Dynamic Yoga

Active stretching to enhance full-body flexibility, endurance, and balance. Class designed for intermediate to advanced yogis, and also athletes interested in leveling up their mobility

HIIT Strength

High intensity intervals, endurance and skill. Working with all levels, to maximize your results, and give you a mix of challenges every week. A strength based workout working through high intensity intervals to build and tone muscle!

Pilates

Similar to yoga, but focuses more on strengthening the body with an emphasis on the core muscles. In this 30-45 minute session you will improve posture, mobility, flexibility, strength, and balance.

Pound

Drum along to a slammin' soundtrack using Ripstix - weighted drumsticks designed to transform drumming into an awesome, fat burning, full body interval workout

Power Hour

This strength-based class targets upper lower and abdominal muscles while improving your cardio stamina. High energy, all levels of participants

Power Yoga

This 50 min class incorporates strength and toning with a focus on openers. Good for all levels.

Pure Strength

This 45 min class is just what it says, all resistance. Find your pure strength using bodyweight, dumbbells and barbells.

Recovery Yoga

Geared towards all levels of students. Expect to wake up, flow, sweat, move and get your day started on the right foot.

Reps and Sets

This strictly weight class starts from the bottom and goes up. You'll work lower body, followed by core and finishing with upper body all while using weights and bodyweight for a great workout.

Self Defense

The class will cover basic steps and movements, blocking, kicking, punching, basic falling and various striking techniques. Students will improve their agility, balance, flexibility, endurance and overall fitness.

Slow Burn

Ignite your workout by using bands to tone, shape and sculpt your lower body and core.

Spin

A 45 minute traditional spin class that incorporates hills, sprints and races. Geared for all levels.

Spin and Strength

This one hour class incorporates both cardio and resistance training utilizing the spin bikes as well as free weights. A great workout for beginners and advanced.

Spin to the Hits

A 45 minute calorie torching Spin class to benefit your body, mind and soul! With a high energy playlist, feel the rhythm and experience an energy that will take you to the next level of your fitness journey

SpinSprint

Spin Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, for all levels using an indoor bike to achieve fast results. A high intensity, low impact workout, it's scientifically proven to return rapid results. Combining hills, races, and sprints and amazing music for an all around good time while you sweat!!

Stak'd Dance Bootcamp

Full body fitness workout incorporates light weights (3-5 lbs) as well as body weight exercises for a FUN, challenging, full body toning experience.

Stakd Step

All the perks of our original Stakd class with the added benefit of step aerobics.

Strong 45

Using only your body weight, STRONG Nation will test your strength and stamina in a powerful cardio and muscle-conditioning session in one, all led by music. STRONG45 packs a challenging total-body workout into 45 minutes. This efficient and focused class helps you fit fitness into any schedule.

Sweat Revolution

In this 45 min class, go through multiple circuits that focus on strength (using weights) as well as cardio bursts add intensity.

Tabata

Total-body strength and cardio conditioning that helps you blast fat and build lean muscle fast

The Mashup

Every class is different! But you know you're going to get an amazing cardio and strength training workout using timed intervals to great music.

Torch N Tone

Utilizing weights as well as body weight exercises and cardio, this class is a fully rounded workout to get you results.

Total Body Circuit

A mix of strength training and cardio to elevate your heart rate and build lean muscle throughout the entire body. Can utilize TRX, free weights, battle ropes, rebounder, and resistance bands while working out to high energy music.

Turn Up and Tone

Building on the Turn Up Dance Fitness format by adding strength based choreo that utilize weights and resistance bands combining the energy & fun of dance fitness, the power/challenge of strength training, and the specially curated team environment, into a results driven formula for success

Turn Up Fitness

This dance class is non stop energy using todays hits to get you moving and burning. A great workout for beginners and advanced alike. (No dance experience necessary)

Yin Yoga

With roots in martial arts & yoga, this class is designed to increase joint circulation & improve flexibility. This style aids recovery for sore muscles from a hard workout.

Zumba

A fun and effective workout incorporating hip hop, soca, samba, salsa merengue, and mambo. Routines incorporate interval training- alternating fast and slow rhythms and resistance training.

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