

## WV FITNESS 24 MAY GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cardio Kickboxing</b> 6:00AM - 7:00 AM <i>INS: Robin</i> <b>STUDIO 1</b>	<b>Bootcamp</b> 6:00 AM - 7:00 AM <i>INS: Robin</i> <b>STUDIO 2</b>	<b>Cardio HIIT</b> 6:00 AM - 7:00 AM <i>INS: Robin</i> <b>STUDIO 1</b>	<b>Cardio Kickboxing.</b> 6:00 AM - 7:00 AM <i>INS: Janna</i> <b>STUDIO 1</b>	<b>Bodypump Smart Start 30</b> 5:30AM - 6:00 AM <i>INS: Macy</i> <b>STUDIO 1</b>	<b>Cardio Kickboxing</b> 8:00AM - 9:00 AM <i>INS: Robin.</i> <b>STUDIO 1</b>	<b>Bounce, Burn, Tone</b> 9:00AM - 10:00 AM <i>INS: Robin</i> <b>STUDIO 1</b>
<b>Torch and Tone</b> 8:00- 9:00 AM <i>INS: Lacey</i> <b>STUDIO 1</b>	<b>Bodypump</b> 9:00 AM - 10:00 AM <i>INS: Mardy</i> <b>STUDIO 1</b>	<b>Power Hour</b> 8:00AM - 9:00 AM <i>INS:Shari/AshleyD</i> <b>STUDIO 1</b>	<b>SpinSprint</b> 8:15 AM - 8:45 AM <i>INS: Mardy</i> <b>STUDIO 2</b>	<b>Les Mills Body Balance</b> 6:00AM - 6:30 AM <i>INS: Macy</i> <b>STUDIO 1</b>	<b>Instructors Choice</b> 9:00 AM - 10:00 AM <i>INS: Janet</i> <b>POOL</b>	<b>Butts and Guts</b> 10:00AM - 10:30 AM <i>INS: Robin</i> <b>STUDIO 1</b>
<b>Aqua Aerobics</b> 9:00AM - 10:00 AM <i>INS: Janet</i> <b>POOL</b>	<b>Yoga</b> 9:00 AM - 10:00 AM <i>INS: Laura</i> <b>STUDIO 2</b>	<b>Aqua Aerobics</b> 9:00AM - 10:00 AM <i>INS: Janet.</i> <b>POOL</b>	<b>Bodypump</b> 9:00 AM - 10:00 AM <i>INS: Mardy</i> <b>STUDIO 1</b>	<b>Bootcamp</b> 6:00 AM - 7:00 AM <i>INS: Robin</i> <b>TURF</b>	<b>Build and Burn</b> 9:15AM - 10:30 AM <i>INS: Erinn</i> <b>STUDIO 1</b>	<b>Yin Yoga</b> 6:00 PM - 7:00 PM <i>INS: Katelyn</i> <b>STUDIO 1</b>
<b>Slow Burn</b> 9:00AM - 9:45 AM <i>INS: Mardy</i> <b>STUDIO 1</b>	<b>Zumba</b> 4:15 PM - 5:00 PM <i>INS: Ashley A</i> <b>STUDIO 1</b>	<b>Aqua Arthritic</b> 10:00AM - 11:00AM <i>INS: Janet</i> <b>POOL</b>	<b>Yoga</b> 9:00 AM - 10:00 AM <i>INS: Laura</i> <b>STUDIO 2</b>	<b>Power Hour</b> 8:00AM - 9:00 AM <i>INS: Shari</i> <b>STUDIO 1</b>		
<b>Aqua Arthritic</b> 10:00AM - 11:00AM <i>INS: Janet</i> <b>POOL</b>	<b>Tabata</b> 5:00 PM - 6:00 PM <i>INS: Gracen</i> <b>STUDIO 2</b>	<b>TRX Bootcamp.</b> 4:10 PM - 5:00 PM <i>INS: Robin</i> <b>STUDIO 2</b>	<b>Zumba</b> 4:15 PM - 5:00 PM <i>INS: Ashley A</i> <b>STUDIO 1</b>	<b>Aqua Aerobics</b> 9:00AM - 10:00 AM <i>INS: Janet</i> <b>POOL</b>		
<b>Spin</b> 4:00 PM - 4:45 PM <i>INS: Angela</i> <b>STUDIO 2</b>	<b>Build and Burn Step</b> 5:15 PM - 6:00 PM <i>INS: Erinn</i> <b>STUDIO 1</b>	<b>Pure Strength</b> 4:00 PM - 4:45 PM <i>INS: Angela</i> <b>STUDIO 1</b>	<b>Reps and Sets</b> 4:30PM - 5:10 PM <i>INS: Joel</i> <b>STUDIO 2</b>	<b>HIIT Strength</b> 9:00 AM - 10:00 AM <i>INS: Mardy</i> <b>STUDIO 2</b>		
<b>Cardio Kickboxing</b> 4:10 PM - 4:55 PM. <i>INS: Robin</i> <b>STUDIO 1</b>	<b>Cardio Kickboxing</b> 6:00 PM - 7:00 PM <i>INS: Janna</i> <b>STUDIO 1</b>	<b>Build and Burn Strength</b> 5:00 PM - 5:45 PM <i>INS: Erinn</i> <b>STUDIO 1</b>	<b>Cardio HIIT.</b> 5:15PM - 6:15 PM <i>INS: Janna</i> <b>STUDIO 1</b>	<b>Lengthen and Strengthen</b> 10:00AM - 10:45 AM <i>INS: Mardy</i> <b>STUDIO 2</b>		
<b>Butts and Guts.</b> 4:55 PM - 5:25 PM. <i>INS: Robin</i> <b>STUDIO 2</b>	<b>Spin and Strength</b> 6:10 PM - 7:10 PM <i>INS: Angela</i> <b>STUDIO 2</b>	<b>Core and Glute Grind</b> 5:15 PM - 6:00 PM <i>INS: Janna</i> <b>STUDIO 2</b>	<b>Aqua Aerobics/Dance</b> 6:30 PM - 7:30 PM <i>INS: Trina</i> <b>POOL</b>	<b>Aqua Arthritic</b> 10:00AM - 11:00AM <i>INS: Janet.</i> <b>POOL</b>		
<b>Build and Burn Groove</b> 5:00 PM - 5:50 PM <i>INS: Erinn</i> <b>STUDIO 1</b>	<b>Aqua Aerobics/Dance</b> 6:30 PM - 7:30 PM <i>INS: Trina</i> <b>POOL</b>	<b>Bodypump</b> 6:00 PM - 7:00 PM <i>INS: Ashley A</i> <b>STUDIO 1</b>	<b>Yin Yoga</b> 7:00PM - 8:00 PM <i>INS: Katelyn</i> <b>STUDIO 1</b>	<b>Spin and Strength</b> 4:00 PM - 5:00 PM <i>INS: Angela</i> <b>STUDIO 2</b>		
<b>Raising the Bar</b> 5:30 PM - 6:15 PM <i>INS: Janna</i> <b>STUDIO 2</b>				<b>Bootcamp.</b> 4:10 PM - 5:00 PM <i>INS: Robin</i> <b>STUDIO 2</b>	<b>Family Swim</b> Saturdays and Sundays 1-5  Other Pool Activities of Interest* Infant Swim runs Mon-Thur from 3:20-5:20pm. The pool <b>IS OPEN</b> during this time to members as well. If you are interested in these lessons please email <a href="mailto:lindsey.werner@infantswim.com" style="color: yellow;">lindsey.werner@infantswim.com</a>	
<b>Bodypump</b> 6:00 PM - 7:00 PM <i>INS: Ashley A</i> <b>STUDIO 1</b>				<b>Cardio HIIT</b> 5:15 PM - 6:15 PM <i>INS: Janna</i> <b>STUDIO 1</b>		
<b>Zumba</b> 7:15 PM - 8:15 PM <i>INS: Angelic</i> <b>STUDIO 1</b>						

### **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**

Blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles

### **Les Mills BODYPUMP**

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

### **Les Mills BodyBalance**

A science-backed, 30-55 minute yoga-based workout infused with Tai Chi and Pilates, designed to increase flexibility, core strength, and calm the mind. Set to music, it features choreographed, low-impact movements suitable for all fitness levels to improve functional strength and reduce stress.

### **Bootcamp**

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

### **Bounce, Burn and Tone**

45 Min of jumping (on a mini trampoline) combined with intervals of resistance training with either weights/bands/or bodyweight.

### **Butts and Guts**

30 minute class dedicated to helping you build, lift and tone your glutes for the booty you've always wanted.

### **Build and Burn**

A high-energy, Tabata-style workout designed to combine strength training and cardio for maximum results. This class incorporates a mix of weights, functional movements, and trampoline intervals to keep your heart rate up and your muscles challenged. Options and modifications are provided, making this class accessible for all fitness levels—from beginner to advanced.

### **Build and Burn Step**

An advanced, rhythm-based step class that challenges both your body and your coordination. This workout combines dynamic step choreography with powerful cardio intervals to elevate your heart rate and sharpen your mind-body connection.

Perfect for those ready to level up and bring intensity, focus, and flow to their workout.

### **Build and Burn Strength**

A full-body strength-focused workout using a Tabata-style format to deliver efficient, results-driven training. This class combines controlled strength movements with low-impact cardio to build muscle, improve endurance, and maximize your time.

Set to an energizing playlist, this workout is fast-paced, effective, and suitable for all levels with options provided.

### **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.

### **Circuit Training**

This station based class is a blend of resistance and aerobic exercises, designed to enhance both strength and cardiovascular fitness. Participants will move through each station, performing a different exercise set at each one. The exercises are performed with minimal rest, providing an efficient workout that challenges various aspects of fitness. This class is easily modified for any fitness level.

### **Core and Glute Grind**

High-efficiency session designed to ignite your metabolism while sculpting lean muscle. Feel that signature "burn" in your glutes, followed by focusing on that "build" for a powerhouse core.

### **Children's Intro to Fitness**

This dynamic class is designed for kids to build strength, coordination and confidence through creative obstacle courses, playful movements games and beginner friendly fitness skills. We'll crawl, climb, bounce, balance and stretch using yoga blocks, raised planks, trampolines, cones and more! Every session brings new adventure and encourages teamwork, body awareness and a lifelong love of movement.

### **Dance2Fit**

Dance2Fit uses various types of popular pop and hip-hop music to create an aggressive but rewarding full body workout. Dance2fit workouts take place in an encouraging and positive environment with the most amazing group of people!

### **Build and Burn Groove**

Move to the beat and feel the energy. This music-driven workout blends strength, cardio, and rhythmic movement for a fun, full-body experience. Light weights are incorporated to build strength while keeping you moving with the music.

Designed for all levels, with modifications available so you can move at your own pace while still getting an effective workout.

### **Fitness 101**

Jumpstart your fitness journey with Fitness 101, the ultimate beginner-friendly class designed to introduce you to the fundamentals of exercise! This class focuses on building a strong foundation by teaching proper form, technique, and the basics of cardiovascular and strength training. Each session includes a balanced mix of warm-up exercises, low-impact cardio, strength-building moves, and cool-down stretches. Perfect for those new to fitness or looking to refresh their workout routine, Fitness 101 helps you gain confidence, improve endurance, and build strength at a comfortable pace.

### **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!

### **Lengthen and Strengthen**

Unlock your body's full potential with our Lengthen and Strengthen class! This dynamic fitness session is designed to improve flexibility, enhance balance, and boost coordination through a series of targeted stretching and strengthening exercises. Perfect for all fitness levels, Lengthen and Strengthen combines elements of yoga, Pilates, and functional training to help you build lean muscle, increase range of motion, and develop core stability. Whether you're looking to improve athletic performance, reduce the risk of injury, or simply feel more relaxed and agile in your everyday life, this class offers the perfect blend of challenge and recovery. Join us to lengthen your muscles, strengthen your body, and find your balance!

### **Power Hour**

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

### **Pure Strength**

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

### **Raising the Bar**

Strength training doesn't have to be intimidating. Join a fun environment, where we master the basics of lifting.

### **Reps and Sets**

This strictly weight class starts from the bottom and goes up. You'll work lower body,

### **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.

### **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!!

### **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.

### **TRX Bootcamp**

This class utilizes Suspension bands to develop strength and core stability with body weight exercises. With minimal cardio, this class focuses on training one muscle group to failure. Suitable for all fitness levels.

### **Power Yoga**

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

### **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.

followed by core and finishing with upper body all while using weights and bodyweight for a great workout.

**Saturday Sweat**

*A fully body circuit class for beginners to advanced designed to work your whole body with dynamic weighted movements, cardio and core strengthening workouts.*