

## WV FITNESS 24 JANUARY 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>Bootcamp</b> 6:00 AM - 7:00 AM <i>INS: Robin</i> <b>TURF</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 N Tone</b> 8:00AM - 9:00 AM <i>INS: Lacey</i> <b>STUDIO 1</b>	<b>Total Body Circuit</b> 8:00 AM - 8:50 AM <i>INS: Lacey</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>Power Hour</b> 8:00AM - 9:00 AM <i>INS: Shari</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>Bodypump</b> 9:00 AM - 10:00 AM <i>INS: Mardy</i> <b>STUDIO 1</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>Aqua Aerobics</b> 9:00AM - 10:00 AM <i>INS: Janet</i> <b>POOL</b>	<b>Saturday Sweat</b> 9:00AM - 10:00 AM <i>INS: Gracen</i> <b>STUDIO 2</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>Yoga</b> 9:00 AM - 10:00 AM <i>INS: Laura</i> <b>STUDIO 2</b>	<b>STRONG 45</b> 10:00AM -10:45AM <i>INS: Courtney.</i> <b>STUDIO 2</b>	<b>Yoga</b> 9:00 AM - 10:00 AM <i>INS: Laura</i> <b>STUDIO 2</b>	<b>HIIT Strength</b> 9:00 AM - 10:00 AM <i>INS: Mardy</i> <b>STUDIO 2</b>	<b>Build and Burn</b> 9:15AM - 10:30 AM <i>INS: Erinn</i> <b>STUDIO 1</b>	
<b>POUND</b> 10:00AM -10:45AM. <i>INS: Courtney</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>Get In, Get Done, Get Out</b> 3:30 PM - 4:00 PM <i>INS: Joel</i> <b>STUDIO 2</b>	<b>Torch N Tone</b> 9:30 AM - 10:30 AM <i>INS: Lacey</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> 3:45 PM - 4:30 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>Lengthen and Strengthen</b> 10:00AM - 10:45 AM <i>INS: Mardy</i> <b>STUDIO 2</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>Aqua Arthritic</b> 10:00AM - 11:00AM <i>INS: Janet.</i> <b>POOL</b>		
<b>Cardio Kickboxing</b> 4:10 PM - 4:55 PM. <i>INS: Robin</i> <b>STUDIO 1</b>	<b>Dance2Fit.</b> 6:00 PM - 6:45 PM <i>INS: Emily.</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>Total Body Circuit</b> 5:15PM - 6:15 PM <i>INS: Lacey</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>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>Booty Circuit</b> 5:00 PM - 6:00 PM <i>INS: Lacey</i> <b>STUDIO 2</b>	<b>Cardio HIIT</b> 5:30 - 6:30 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>Build and Burn Groove</b> 5:00 PM - 5:50 PM <i>INS: Erinn</i> <b>STUDIO 1</b>		<b>Bodypump</b> 6:00 PM - 7:00 PM <i>INS: Ashley A</i> <b>STUDIO 1</b>	<b>Aqua Zumba</b> 6:30 PM - 7:30 PM <i>INS: Trina</i> <b>POOL</b>	<b>Cardio HIIT</b> 5:15 PM - 6:15 PM <i>INS: Janna</i> <b>STUDIO 1</b>		
<b>Lift and Tone.</b> 5:30 PM - 6:15 PM <i>INS: Janna</i> <b>STUDIO 2</b>			<b>Yin Yoga</b> 7:00PM - 8:00 PM <i>INS: Katelyn</i> <b>STUDIO 1</b>			
<b>Bodypump</b> 6:00 PM - 7:00 PM <i>INS: Ashley A</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.

### **AquaBox**

Intensive water aerobics class. During AquaBox class we'll be teaching different techniques for arm and leg strikes and using different step combinations. This water workout is significantly less burdening on joints.

### **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

### **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

### **Bootcamp**

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

### **Booty Circuit**

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

### **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.

### **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

### **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.

### **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.*

### **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!!

### **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.

### **Stretch, Balance and Recovery**

This tranquil class focuses on improving flexibility, balance and relaxation. It's a great way to unwind after a long week and find inner peace. You'll leave feeling refreshed and rejuvenated. Great for beginners!

### **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 Powerhouse**

A 30-minute challenging mix of dynamic core-stabilizing exercises and cardiovascular endurance to get the blood flowing and heart rate elevated. This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen. This class is for all levels!

### **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!

### **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

### **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.

### **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.

### **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.

### **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)

### **Get In, Get Done, Get Out**

Tabata style bodyweight and cardio exercises all with low impact (beginner friendly) and high impact (athlete) options. A workout for anyone in only 30 mins

### **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!

### **Kick and Tone**

*Kick and Tone combines 30 minutes of cardio kickboxing with 30 minutes of toning, focusing on a particular muscle group for that day. Torch some calories, build muscle and endurance with this mash-up cardio/lifting class*

### **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!

### **Lift and Tone**

45 min of lifting using bodyweight, dumbbells, bars and barbells to get a full body pump.

### **Lift and Tone Circuit**

Sculpt, strengthen, and tone your entire body in this high-energy circuit-style workout! Lift & Tone Circuit combines strength training with targeted toning exercises using dumbbells, bars and, barbells. You'll move through a series of stations designed to challenge your muscles, boost endurance, and keep your heart rate up

### **Pound**

Drum along to a slammin' soundtrack using Riptix - 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.

### **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.

### **Zumba Kids**

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.

### **Zumba Kids JR**

Zumba® Kids, Jr classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.