

SPRING GROUP FITNESS CLASS SCHEDULE



EFFECTIVE APRIL 8TH, 2024

- ### MONDAY
- A** 6:00 - 7:00am HIGH Low
 - A** 7:15 - 8:00am Muscle Up Express - Lower Body
 - A** 8:20 - 9:20am Pilates Power Hour
 - D** 8:20 - 9:20am Zumba Toning
 - G** 9:00 - 10:00am Total Body Conditioning
 - C** 9:00 - 10:00am Cycle
 - A** 9:30 - 10:30am Surge Strength
 - D** 9:30 - 10:30am Barre
 - A** 10:40 - 11:40am Harmony Within
 - D** 10:45 - 11:30am Senior Fitness Cardio + Strength
 - A** 5:20 - 6:20pm Muscle Up
 - A** 6:30 - 7:30pm Barre
 - A** 7:40 - 8:40pm HIGH Fitness

- ### TUESDAY
- A** 5:15 - 6:15am Muscle Up
 - G** 6:00 - 7:00am Ripped
 - A** 8:20 - 9:20am Muscle Up
 - D** 8:20 - 9:20am Yoga
 - G** 9:00 - 10:00am TRX
 - A** 9:30 - 10:30am High Fitness
 - D** 9:45 - 10:30am HIGH Fitness
 - D** 9:45 - 10:30am Silver Sneakers Classic
 - D** 10:45 - 11:30am Silver Sneakers Cardio
 - C** 5:20 - 6:20pm Cycle
 - A** 5:20 - 6:20pm WERQ
 - X** 6:00 - 7:00pm TRX
 - A** 6:30 - 7:30pm POP Pilates
 - D** 7:00 - 8:00pm Line Dancing
 - A** 7:40 - 8:40pm Power Down Yoga

- ### WEDNESDAY
- A** 6:00 - 7:00am HIGH Fitness
 - A** 7:15 - 8:00am Muscle Up Express - Upper Body
 - A** 8:20 - 9:20am Pilates Power Hour
 - D** 8:20 - 9:20am Zumba
 - G** 9:00 - 10:00am Total Body Conditioning
 - C** 9:00 - 10:00am Cycle
 - A** 9:30 - 10:30am Power Yoga
 - D** 9:30 - 10:30am Barre
 - A** 10:40 - 11:40am Quigong
 - D** 10:45 - 11:30am Senior Fitness Cardio + Mobility
 - A** 5:20 - 6:20pm Muscle Up
 - A** 6:30 - 7:30pm Barre
 - A** 7:40 - 8:40pm POP Pilates

- ### THURSDAY
- A** 5:15 - 6:15am Muscle Up
 - C** 6:00 - 7:00am Cycle
 - A** 8:20 - 9:20am Muscle Up
 - D** 8:20 - 9:20am Yoga
 - G** 9:00 - 10:00am TRX
 - A** 9:30 - 10:30am HIGH Fitness
 - D** 9:45 - 10:30am Silver Sneakers Classic
 - D** 10:45 - 11:30am Silver Sneakers Cardio
 - A** 5:20 - 6:20pm POP Pilates
 - A** 6:30 - 7:30pm WERQ
 - A** 7:40 - 8:40pm Power Down Yoga

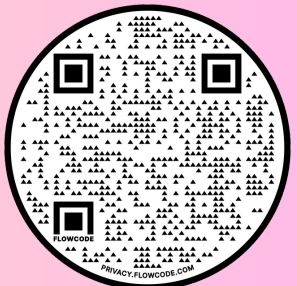
- ### FRIDAY
- G** 6:15 - 7:00am Total Body Conditioning Express
 - A** 7:15 - 8:00am Muscle Up Express - Core
 - A** 8:20 - 9:20am Stretching & Mobility
 - D** 8:20 - 9:20am Barre
 - G** 9:00 - 10:00am Total Body Conditioning
 - C** 9:00 - 10:00am Cycle
 - A** 9:30 - 10:30am Pilates on the Ball
 - D** 9:30 - 10:30am Zumba Toning
 - A** 10:40 - 11:40am Step Kick Abs
 - D** 10:45 - 11:30am Zumba Gold
 - A** 11:45 - 12:30pm High Fitness Express

- ### SATURDAY
- D** 7:00 - 8:00am HIGH Fitness
 - C** 7:00 - 8:00am Cycle
 - A** 8:00 - 9:15am Muscle Up
 - D** 8:30 - 9:30am Yoga
 - A** 9:30 - 1:30am Dance Fitness
 - A** 10:40 - 11:40am Surge Strength

- ### SUNDAY
- A** 1:30 - 2:30pm Power Yoga
 - A** 2:40 - 3:40pm Restorative Yoga

- A** AEROBICS ROOM
- C** CYCLE
- D** DANCE ROOM
- G** GYM
- X** CROSS FITNESS

**REGISTRATION REQUIRED FOR ALL CLASSES
SCAN QR CODE WITH YOUR PHONE
TO REGISTER**



Class Descriptions:

BARRE: A workout that blends elements from different exercise styles including ballet, Pilates, and yoga. You will build alignment, strengthen your core, and tone and elongate muscles.

CYCLE: A blood pumping workout for all abilities. Each cycle instructor creates their class with varying types of rides, terrain, and formats to constantly challenge your body and mind.

DANCE FITNESS: Get your heart rate up while dancing! You'll experience an aerobic workout while dancing to many different styles of dance and music, all taught in an easy-to-learn format.

HARMONY WITHIN: A class designed to induce relaxation through guided meditation and sound bath. *Dress warm & bring a blanket

HIGH FITNESS & HIGH FITNESS EXPRESS: This class combines HIIT and plyometrics with music you know and love. Follow along to simple cardio & full body toning moves that can be modified for any fitness level. HIGH Fitness Express is condensed to a 45-minute class.

HIGH LOW: A sister format to High Fitness, this class offers a lower impact workout with modifications for every move and is highly adaptable to all fitness levels. Consistent with the HIGH brand, are the elements of fun, fabulous music, and a community-based inclusive environment!

LINE DANCING: A brand new class at CHRC! Learn and follow a choreographed pattern of steps to pop, rock and country music. You'll have so much fun you won't even realize you're getting fitter! *Wear appropriate footwear (no bare feet, flip-flops or sandals).

MUSCLE UP: A strength training workout that uses dumbbells, bands, balls, and other equipment to increase muscle strength and endurance, all in a fun group fitness setting.

MUSCLE UP - EXPRESS CORE: A 45-minute class designed to stabilize and strengthen the abdominals, obliques, glutes, hips, and spinal muscles. Help prevent lower back pain, improve posture, and prevent injuries by attending this core focused class.

MUSCLE UP - EXPRESS UPPER/LOWER BODY: Intended for those looking to get in and out of the gym a little faster (a 45-minute class), muscle up express offers the same weight training and toning experience as our standard muscle up class, but in a condensed form. Dumbbells, bands, balls, and other weight training equipment will be used to help increase muscle strength and endurance.

PILATES / PILATES POWER HOUR / PILATES ON THE BALL: Pilates exercises using different equipment such as yoga balls, resistance bands, rings, and hand weights. **Pilates on the ball uses the yoga ball for added balance/core work and low impact cardio.

POP PILATES: Experience a mix of modern and classical Pilates exercises set to a heart-pumping playlist. Strength meets flexibility with focused movements that leave your entire body toned.

POWER DOWN YOGA: Recommended for all abilities, Power Down Yoga includes a flow of poses intended to gradually bring you to a state of relaxation and prepare you for sleep.

POWER YOGA: A fast-paced cardiovascular workout focused on building strength and flexibility in the body through challenging yoga postures.

QIGONG PLUS: (Pronounced "chee-gung") is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. If interested, stay for a half-hour of focused intermediate Qigong (must attend first half hour of regular Qigong).

RESTORATIVE YOGA: A slower, more restful passive approach to yoga that's meant to melt away muscle tension and create more space in the body. Yoga props may be used during class to enhance relaxation.

RIPPED: A high intensity interval class that packs a powerful punch. Dynamic bursts of intense exercise are interspersed with periods of recovery.

SENIOR FITNESS CARDIO & MOBILITY: This low impact class combines cardiovascular training with other exercise modalities in a safe environment for senior adults.

SILVER SNEAKERS CARDIO FIT: Bring heart-healthy aerobics to your workout using low-impact movements. This class focuses on building upper-body and core strength with added cardio endurance.

SILVER SNEAKERS CLASSIC: Focus on strengthening muscles and increasing range of movement, balance and coordination. Equipment including hand-held weights, resistance bands, and Silver Sneakers ball will be used. Chairs are available for additional support.

STEP KICKABS: Fun routines on a step platform alternate with cardio kick-boxing combos. This is a full body workout with amazing cardio intervals and extra ab work at the end of class.

STRETCHING & MOBILITY: Avoid injury with increased mobility and proper alignment. This class uses both dynamic movements to stretch and lengthen muscles as well as static poses and holds to increase mobility and range of motion.

SURGE STRENGTH: A high-rep, targeted, weight training workout - set to music you know and love! Utilizing muscle focused strength training tracks and dumbbells to strengthen, shape and tone every muscle in your body. Surge Strength will leave you feeling happy and strong!

TOTAL BODY CONDITIONING & TOTAL BODY CONDITIONING EXPRESS: This class uses a variety of equipment and programming techniques to strengthen muscles and improve cardio performance for a total body workout. Total Body Conditioning Express is the same format, condensed to a 45-minute class.

TRX: (Total Body Resistance Exercise) A workout method that uses body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. You'll find a variety of different class structures when attending, which may follow a muscle strength/endurance format, or could include types of plyometric, cardiorespiratory, balance, and coordination training.

WERQ: A wildly addictive cardio dance workout based on pop and hip hop music. Join our judgment-free dance space with good vibes and a great sweat.

YOGA: Originating in ancient India, our yoga classes are intended as mixed-level classes, for students of all abilities. Yoga practice is intended to increase your physical, mental, and spiritual well-being. Try different asanas (postures) in each class.

ZUMBA / ZUMBA TONING / ZUMBA GOLD: Dance to Latin, pop and world rhythms. **Toning class incorporates light shaker weights to enhance rhythm and tone arms, abs, glutes, and thighs. **Gold is ideal for beginners, those just returning to working out and active adults with a slower pace and lower intensity that is easy to follow!

CLASS RATES: PER CLASS 10 PASS 20 PASS

ULTIMATE MEMBER	NO CHARGE		
PREMIUM MEMBER	\$7.00	\$63.00	\$126.00
PREMIUM MEMBER SENIOR (62+)	\$6.00	\$54.00	\$108.00
PREMIUM MEMBER YOUTH (14-17)	\$5.00	\$40.00	\$80.00
NON-MEMBER	\$8.00	\$72.00	\$144.00
NON-MEMBER SENIOR (62+)	\$7.00	\$63.00	\$126.00
NON-MEMBER YOUTH (14-17)	\$6.00	\$54.00	\$108.00

- Class sizes are limited. Preregistration is strongly encouraged @chrcgroupfitness.as.me or download the ACUTY app for your phone and search for chrcgroupfitness.as.me
- Wristbands are required to attend classes and can be obtained at the administrative desks
- Classes are for individuals 14 years and older
- Questions? Email bonnie@cottonwoodheights.com