

# GROUP FITNESS SCHEDULE

**EFFECTIVE SEPTEMBER 1, 2020**

- **Class sizes are limited & may change at any time**
- **Pre-registration online at [chrcgroupfitness.as.me](http://chrcgroupfitness.as.me)**
- **Wristbands are required to participate in all group fitness classes & must be obtained from registration desk prior to class start time**
- **Classes are for individuals 14 years and older**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am Cycle Cycle Room	5:30 am Muscle Up Aerobics Room	5:45 am Cycle Cycle Room	5:30 am Muscle Up Aerobics Room	6:00 am Bootcamp Gym	7:00 am Muscle Up Aerobics Room
6:00 am High Fitness Aerobics Room	5:45 am TRX Crossfitness	6:00 am High Fitness Aerobics Room	5:45 am TRX Crossfitness	8:30 am Step/Kick/Abs Aerobics Room	7:00 am High Fitness Dance Room
7:00 am Bootcamp Gym	7:00 am Muscle Up Aerobics Room	8:30 am Zumba Aerobics Room	7:00 am Muscle Up Aerobics Room	8:30 am Raise the Barre Dance Room	8:15 am Muscle Up Aerobics Room
8:30 am Zumba Toning Aerobic Room	8:30 am Muscle Up Aerobics Room	8:30 am Circuit Gym	8:30 am Muscle Up Aerobics Room	9:00 am Cycle Cycle Room	9:30 am Zumba Aerobics Room
8:30 am Cardio Pilates Dance Room	8:30 am Yoga Dance Room	9:00 am Cycle Cycle Room	8:30 am Yoga Dance Room	9:00 am Crossfitness Crossfitness	10:30 am Yoga Aerobics Room
9:00 am TRX Crossfitness	9:00 am TRX Crossfitness	9:00 am TRX Crossfitness	9:00 am TRX Crossfitness	9:30 am Pilates Plus Aerobics Room	
9:00 am Cycle Cycle Room	9:30 am High Fitness Aerobics Room	9:30 am Yoga Dance Room	9:30 am High Fitness Aerobics Room	9:30 am Zumba Toning Dance Room	
9:30 am Bootcamp Gym	9:45 am Silver Sneakers+ Dance Room	9:30 am Pilates on the Ball Aerobics Room	9:45 am Silver Sneakers+ Dance Room	10:45 am Zumba Gold Dance Room	
9:30 am Raise the Barre Dance Room	5:30 pm WERQ Aerobics Room	5:30 pm Muscle Up Aerobics Room	6:30 pm High Fitness Aerobics Room		
10:30 am Kickboxing Aerobics Room	6:30 pm High Fitness Aerobics Room	6:00 pm TRX Crossfitness	7:00 pm Wyld Dance Room		
10:45 am Cardio Gold+ Dance Room	7:00 pm Crossfitness Crossfitness	6:30 pm Got Barre Aerobics Room	7:30 PM Yoga Aerobics Room		
5:30 pm Muscle Up Aerobics Room	7:00 pm Wyld Dance Room	7:30 pm Zumba Aerobics Room			
6:30 pm Got Barre Aerobics Room	7:30 pm Yoga Aerobics Room				
7:30 pm Zumba					

+Senior Specific  
 \*\*Weight Room Orientation - 6pm in Fitness Room on the 2nd Thursday of each month  
 \*\*Silver Sneakers Orientation - 10:30am in the Fitness Room on the 2nd Thursday of each month  
 \*\*Pre-registration is required for orientations. Visit or call the front desk to register.

## GROUP FITNESS CLASS RATES

- **ULTIMATE MEMBER**
- **PREMIUM OR BASIC MEMBER**
- **PREMIUM OR BASIC SENIOR (62+)**
- **NON-MEMBER**
- **NON-MEMBER SENIOR (62+)**
- **PREMIUM/BASIC YOUTH (14-17)**
- **NON-MEMBER YOUTH (14-17)**

## PER CLASS

**NO CHARGE**  
**\$5.00**  
**\$4.00**  
**\$6.00**  
**\$5.00**  
**\$4.00**  
**\$5.00**

## 10 PASS

**\$45.00**  
**\$35.00**  
**\$55.00**  
**\$45.00**  
**\$35.00**  
**\$45.00**

## 20 PASS

**\$80.00**  
**\$60.00**  
**\$100.00**  
**\$80.00**  
**\$60.00**  
**\$80.00**



**BOOTCAMP:** An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. New workouts are programmed each week and are designed to keep the body guessing and push participants harder than they'd push themselves.

**BARRE:** A fusion of Pilates, yoga, and strength inspired moves. Low impact, full body exercises, choreographed to music to create a fun and energetic class that is easy to follow along.

**CARDIO PILATES:** Low impact barre and floor exercises concentrate on perfect posture and execution to make the most impact improving strength, flexibility and muscle definition. Abdominal training is a focus of this class, helping to create a strong core.

**CARDIO GOLD:** Low impact and easy add-on cardio sequences are alternated with resistance exercises using tools like hand weights and resistance bands - all set to fantastic music! A great way to get the blood flowing and strengthen muscles while having fun.

**CIRCUIT:** A total body workout designed to build strength, increase cardiovascular performance, and increase agility through various exercise stations. You'll be challenged with body weight exercises, dumbbells, resistance bands, BOSU balls, battle ropes and other equipment.

**CYCLE:** A blood pumping workout for all ages and abilities! Each cycle instructors creates their class with varying types of rides, terrain, and formats to constantly challenge your body and stay motivated.

**CROSSFITNESS:** This class utilizes the equipment found in our crossfitness room and will focus on a dynamic warm up, a skill or strength exercise, a shorter but intense workout, and mobility exercises and stretching. Modifications are shown for varying skill levels.

**GOT BARRE?:** Got sweat? Got energy? Got dance? Then you've Got Barre! Participants can sing along to today's hottest music while practicing traditional ballet moves fused with hip-hop, ballroom, dance & resistance with weights.

**HIGH FITNESS:** A high energy aerobics class that combines HIIT and plyometrics with music you know and love. Follow along to strong, simple choreography and full body toning moves that can be modified for any ability level.

**KICKBOXING:** A martial arts inspired group fitness class that involves punching and kicking combinations. A great way to get that heart rate up and maybe work a little frustration out as well.

**MUSCLE UP:** A fun and invigorating workout that utilizes dumbbells, resistance bands, body weight, and other tools to tone and strengthen all the major muscle groups and give you a total body workout.

**PILATES ON THE BALL:** This class will work on improving your core strength, balance, and posture. Pilates exercises are performed using different equipment such as physio balls, resistance balls, Pilates rings, resistance bands, and hand weights. This class benefits all fitness levels.

**PILATES PLUS:** With a focus on Pilates principles, this class uses a variety of equipment to ensure the body is challenged. Simple choreography and clear instruction make this class accessible to both beginner and advanced students.

**RAISE THE BARRE:** A complete workout using hand weights, micro movements, and the ballet barre. Be prepared to discover muscles you didn't even know you had. The key elements of posture, poise, and purpose are reinforced in this Pilates-centered class.

**SILVER SNEAKERS - CARDIO:** Designed to increase both cardiovascular and muscular endurance power by using hand weights, resistance bands, and mini exercise balls along with low-impact cardio. A great workout for body and heart!

**SILVER SNEAKERS - CLASSIC:** Everyone welcome! Increase muscular strength and range of movement to improve your overall well-being. Hand weights, elastic tubing, mini exercise balls, and chairs are utilized for resistance and support.

**STEP/KICK/ABS:** Fun routines on a step platform using your "climber muscles" alternated with cardio kick boxing combos! A full body workout with amazing cardio intervals followed by abs at the end!

**TRX:** Suspension training leverages gravity and bodyweight to perform hundreds of exercises. By adjusting your body position you can add or decrease resistance - you're in control of how much you want to challenge yourself on each exercise.

**WERQ:** A wildly addictive cardio dance workout based on trending pop and hip hop music. WERQ's mission is to create a judgment-free dance space built on good vibes, a great sweat, and a supportive community.

**WYLD:** Learn to connect with your beautiful body through WYLD! WYLD is a dance exercise format, but it's also a space to express yourself, feel connected, challenge your body and mind, and sweat buckets!

**YOGA:** Postures are practiced to align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also incorporated. Yoga instructors will modify the style of flow and length of balancing postures based on the requests of the individuals in class.

**YOGA GOLD:** A program of seated and standing poses ideal for individuals with balance concerns. Chairs are used to assist with balance, strength, and flexibility. Breathing exercises relieve stress and provide more energy to the body. Floor mat exercises are not used in this Yoga Gold.

**ZUMBA:** An interval-style, calorie-burning dance fitness party! Latin, Pop and World rhythms create a fun "club dance" atmosphere where the music is loud, cheers and "hooting" are encouraged and laughter is loved. (Earplugs are recommended if you have sensitive ears).

**ZUMBA GOLD:** a great introduction into Zumba, this class is ideal for beginners and active adults alike. The same great Latin styles of dance is utilized with a slower pace and lower intensity. A safe and effective total body workout that is incredibly fun, different, and easy to follow!

**ZUMBA TONING:** This class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength training dance fitness party. Light weights are used to enhance rhythm and tone arms, abs, glutes, & thighs.