GROUP FITNESS SCHEDULE

Effective 11/15/2026

All classes free with membership

*Instructors subject to change.
*New participants should arrive 5-10 minutes early for proper set-up instruction.

NORTH FITNESS STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Circuit Fusion (45 Min) Julie	GROUP POWER Angie	Cardio Drill (45 minutes) Alecia	GROUP POWER Angie	GROUP ACTIVE Rory	
8:15 am		TBC Adrienne/ Rachel	Yoga Janet	TBC Michelle	Prop it Up Yoga Leysan	TBC Ava/ Megan	GROUP ACTIVE Jen T
9:30am		GROUP POWER Mandy	Step Strong Carlie	GROUP POWER Mandy	GROUP ACTIVE Sandy	Cardio Strength Corinne	
	11:00am Yoga Leysan					**11:45am** Chair Strength, Stretch & Balance Leysan	
	4:00pm GROUP POWER Nicki	**4:30pm** Cardio Core Hiro	**4:15pm** GROUP POWER *Ends on Dec 8* Nicki	**4:15pm** Chair Yoga Leysan			
		5:45pm GROUP ACTIVE Jen T		**5:45pm** GROUP ACTIVE Jen T	**5:30 pm** Dance Fit Diny		

PLEASE NOTE: Please bring your personal yoga mat for all yoga classes. The blue and black exercise mats will still be available.

NORTH AQUATIC FACILITY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45am				Power Aqua Kris			
8:00–8:45am		Aqua Fitness Gracie	Aqua Fitness Kris	Aqua Fitness Karen	Aqua Fitness Kris	Aqua Fitness Ava/Jill	**9:00am** Aqua Fitness Holly/ McKenzie
10:30-11:15am			Aqua Jam Nicki		Aqua Jam Nicki		
5:30-6:15pm		Aqua Jam Ayda		Aqua Jam Ana	Aqua Jam Holly		

PLEASE NOTE: Lap swimming will not be available during class times.

SOUTH FITNESS STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am		Strength & Tone (45 Minutes) Maggie			Cardio Strength (45 Minutes) Maggie		**8:15am** GROUP POWER Angie
9:30am				**9:15am** Strength & Tone (45 Minutes) Maggie			GROUP BLAST Angie
5:30pm		ZUMBA FITNESS ZUMBA toning Diny					

SOUTH SPIN STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Power Pedal (45 min) Melissa		Power Pedal (45 min) Stacey		GROUP RIDE Ed	
9:30 am			R30 (30 min) Cathy		R30 (30 min) Rachel Starts Sep 17		**9am** Spin 45 Mya
	11:30am GROUP RIDE Cathy	**12pm** Power Pedal (45 Min) Stacey		**12pm** R30 (30 min) Julie		**12pm** Power Pedal (45 Min) Stacey	
5:30pm			R30 (30 min) Renee	GROUP RIDE Ed	**6 pm** Spin 45 Mya		

SOUTH YOGA STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Powerhouse Burn Last class Dec 14 Addy	Hot Pilates Strength Liv	Hot Pilates Strength Lucy	BARRE WARM Liv		
			8:30am Pilates BARRE Amy			**8:45am** Simply Stretch Carlie	**8:15am** WARM Vinyasa Flow Chelsey
		9:30am BARRE Alisa		**9:15am** Yoga Ashley	**9:30am** HOT YOGA Ashley	**9:45am** BARRE Alisa	**9:45am** BARRE WARM Tracey
	2pm Hot Fit Sculpt Tracey	**11:45am** Mobility Yoga (45 min) Janet	**11am** Hot Pilates Sculpt Deb	**11:45am** WARM Warm Pilates Sculpt (45 min) Rachel/Tess			
	3:30 pm Yin Jennifer G		**4:15 pm** WARM Yin Mary			**4:30 pm** RAISE THE BARRE WARM Lucy	
	5:00pm Hot Yoga Sculpt Hallee	**5:30pm** WARM Yoga Deb	**5:30pm** Powerhouse Burn Last class on Dec 8 Addy	**5:30pm** BARRE Liv	**5:45pm** WARM Yin (45 Min) Nima	**PLEASE NOTE:** We require participants to supply their own yoga mat.	
		6:45pm Hot Fit Sculpt Tracey	**7:15pm** WARM Pilates Hallee	**6:30pm** HOT YOGA *&guided relaxation* Liv/ Rickey	**6:45pm** Hot Fit Sculpt Tracey		

Barre A fusion of Pilates, ballet, and yoga with isometric exercises to engage and enhance muscles you didn't even know you had! Get ready to feel the burn! All barre classes are 45 minutes. Gentle and Warm variations also available.

Hot Fit Sculpt: Slow weight movements for toning, sculpting along with yoga and cardio bursts to get a complete body workout. (Hot)

Hot Yoga 90-97 degrees. Through strengthening postures and intensified heat, hot yoga will detoxify the body and toughen the mind. Taught as Bikram, Moksha, or Vinyasa. **+Guided Relaxation** Experience 15-20 minutes of guided relaxation to reach a clear mind and deep relaxation.

Mobility Yoga: Yoga based class with mobility that includes using your own coordination strength and balance.

Prop it Up Yoga Use blocks and straps to work through a series of yoga postures for deeper stretches and proper alignment.

Raise the Barre Get stronger, leaner and more fit by combining Pilates, yoga, cardio and strength into one amazing workout. (Warm)

Warm Vinyasa 80-85 degrees. Focuses on syncing breath to a lively & mindful flow.

Yin A slower paced yoga class to target your deep connective tissue. Focus on breath as you hold poses for an extended time to do wonders for joint health, flexibility, circulation, and mental focus.

Yoga Gain strength, flexibility, and balance as you learn to unite mind, body, and breath.

Chair Yoga Get all of the benefits of a regular yoga class from a chair that will allow you to maintain your balance. No getting up & down off the floor!

Simply Stretch: Join us for 45min of restorative stretching to help protect against injury, refresh tired muscles, and keep your body functioning at its best. Relax and rejuvenate in this uplifting, end- of-week body reset.

Powerhouse Burn	This class is a high intensity and will have you leaving sweating! We incorporate weights, yoga foundations and a lot of movement in 55 minutes. Join us for the sweat & fun!
Aqua Fitness	Enhance your cardiovascular fitness, muscular strength and endurance, and flexibility all in one workout. Experience the properties of the water and the freedom of movement in this great aqua workout. 45 minutes.
Aqua Jam	Music-driven aqua fitness. Fun music, fun moves, and a fantastic workout! 45 minutes.
Cardio Drill	Using a hybrid of athletic drills, agility training, and bootcamp style conditioning, this class will have your heart thumping and your body changing!
Chair Strength, Stretch & Balance	A gentle, low-impact class using a chair for support. Build strength, improve balance, and increase flexibility with seated and standing exercises using light weights and resistance bands. Suitable for all fitness levels.
Dance Fit	Smile and sweat as you master simple dance choreography set to fun music! Look for cardio kickboxing and simple toning to be added into the workout for extra spice!
GROUP ACTIVE	Feeling fitter, stronger, and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength, and improve your balance and flexibility. A perfect place to start your group fitness experience.
GROUP BLAST	Discover new heights with Group Blast! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises with a step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast this way with Group Blast!
GROUP POWER	A barbell program that strengthens all your major muscles in an inspiring group environment with fantastic music. With simple, athletic movements such as squats, lunges, and curls, this class is great for all ages and levels. Must be 16 years of age or older to attend.
GROUP RIDE	Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains, and spin your way to burning calories and strengthening your lower body. Motivating music and an inspiring group environment lets you ride on!
Power Aqua	A great workout while giving your joints a break! You really can sweat in the water! 45 minutes.
Power Pedal	Smile and sweat as you pedal your way through intervals, mountains and more!
R30	R30 will get you fitter and feeling better in only 30 minutes! Perfect for those that are short on time and men and women of all ages, no matter if you're just starting an exercise program or have been racing bikes for years.
Spin 45	Join us for an upbeat 45 minute ride. You will experience everything from hills, sprints and intervals. Come join us for a high energy sweaty ride!
Step Strong	Cardio step with strength intervals. Fun full body workout crafted to maximize your time and boost your mood, energy, and metabolism!
TBC (Total Body Conditioning)	This class focuses on strengthening and sculpting the body by using weights, tubing, resist-a-balls, and gliding disks. An effective way to increase your overall strength in a functional way for all ages and abilities.
ZUMBA FITNESS	Ditch the workout, join the party! Dance to the beat of high-energy music. Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba Toning also available.
Cardio Strength	Come and get a great cardio workout using various cardio movements and build your muscles while dumbbells. Each class structure may vary from class to class with cardio and strength intermixed thorough out the hour.
Strength & Tone	Come and get a full body strength workout in a quick 45 minutes. We will incorporate dumbbells, resistance bands and plates. Low Impact class!
Circuit Fusion	Join in on a fun mix of cardio circuits that include agility and athletic movements. 45 Minute class.
Hot Pilates Strength/sculpt	A 45 Minutes heated class that combines controlled movements with strength training. Build muscle, fire up your core, and leave feeling strong and energized!

All classes are 55-60 minutes long unless otherwise noted.
For Group Power classes, participants must be 16 years of age or older to attend. For all other classes, ages 12-15 may attend with a guardian. For more information or questions, contact Group Fitness Director, Maggie Mollenhauer, at maggiem@amesfitness.com or (515)232 1911.