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)	GROUP POWER	Cardio Drill (45 minutes)	GROUP POWER	GROUP ACTIVE	
8:15 am		TBC	Yoga	TBC	Prop it Up Yoga	TBC	GROUP ACTIVE
9:30am		GROUP POWER	Step Strong	GROUP POWER	GROUP ACTIVE	Cardio Strength	
	11:00am Yoga					**11:45am** Chair Strength, Stretch & Balance	
	4:00pm GROUP POWER	**4:30pm** Cardio Core	**4:15pm** GROUP POWER Ends on Dec 8	**4:15pm** Chair Yoga			
		5:45pm GROUP ACTIVE		**5:45pm** GROUP ACTIVE	**5:30 pm** Dance Fit		

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			
8:00–8:45am		Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	**9:00am** Aqua Fitness
10:30-11:15am			Aqua Jam		Aqua Jam		
5:30-6:15pm		Aqua Jam		Aqua Jam	Aqua Jam		

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)	GROUP BLAST		Cardio Strength (45 Minutes)		**8:15am** GROUP POWER
9:30am				**9:15am** Strength & Tone (45 Minutes)			GROUP BLAST
5:30pm		ZUMBA FITNESS ZUMBA toning					

SOUTH SPIN STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Power Pedal (45 min)		Power Pedal (45 min)		GROUP RIDE	
9:30 am			R30 (30 min)		R30 (30 min)		**9am** Spin 45
	11:30am GROUP RIDE	**12pm** Power Pedal (45 Min)		R30 (30 min)		**12pm** Power Pedal (45 Min)	
5:30pm			R30 (30 min)	GROUP RIDE	**6 pm** Spin 45		

SOUTH YOGA STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Powerhouse Burn Ends on Dec 14	Hot Pilates Strength	Hot Pilates Strength	BARRE WARM		
			8:30am Pilates BARRE			**8:45am** Simply Stretch	**8:15am** WARM Vinyasa Flow
		9:30am BARRE		**9:15am** Yoga	**9:30am** HOT YOGA	**9:45am** BARRE	**9:45am** BARRE WARM
		11:45am Mobility Yoga (45 min)	**11am** Hot Pilates Sculpt	**11:45am** WARM Warm Pilates Sculpt (45 min)			
	3:30 pm Yin		**4:15 pm** WARM Yin			**4:30 pm** RAISE THE BARRE WARM	
	5:00pm Hot Yoga Sculpt	**5:30pm** WARM Yoga	**5:30pm** Powerhouse Burn Ends on Dec 8	**5:30pm** BARRE	**5:45pm** WARM Yin (45 Min)		
		6:45pm Hot Fit Sculpt	**7:15pm** WARM Pilates	**6:30pm** HOT YOGA ***&guided relaxation***	**6:45pm** Hot Fit Sculpt		

PLEASE NOTE: We require participants to supply their own yoga mat.

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.