



# GROUP FITNESS SCHEDULE

Starts 1/3. All classes free with membership.

\*New participants should arrive 5-10 minutes early for proper set-up instruction.

## NORTH FITNESS STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 am Cardio Drill (45 minutes)	5:30 am GROUP POWER	5:30 am Cardio Drill (45 minutes)	5:30 am GROUP POWER	5:30 am GROUP BLAST	
		8:15 am TBC	8:15 am Yoga	8:15 am TBC	8:30 am Shake & Strength (45 minutes)	8:15 am TBC	8:15 am GROUP ACTIVE
		9:30 am GROUP POWER	9:30 am Step Strong	9:30 am GROUP POWER	9:30 am Yoga	9:30 am GROUP ACTIVE	9:30 am INSANITY
	11:00am Yoga						
	4:00pm GROUP POWER	4:30pm Cardio Pilates (45 minutes)	4:15pm GROUP POWER		4:15pm GROUP POWER		
		5:30pm INSANITY	5:30pm ZUMBA	5:30pm GROUP ACTIVE	5:30pm Dance Fit		









**PLEASE NOTE:** Yoga mats are not supplied at the North studio. Please bring your own 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 		8:30 am 		8:15am 
		9:30 am 				9:30 am Cardio Drill	9:30 am 
		5:30 pm  	5:30 pm 	5:30 pm 			

## SOUTH SPIN STUDIO








	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 am 		5:30 am 		5:30 am 	
			9:30 am 		9:30 am 		9:30 am 
	11:30am 	12:00pm Power Pedal (45 min)		12:00pm Power Pedal (45 min)		12:00pm Power Pedal (45 min)	
		5:30 pm 	5:30 pm  (30 min)	5:30 pm 	5:30 pm  (30 min)	4:30 pm 	

# SOUTH YOGA STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5:30 am <b>WARM</b> B A R R E (45 min)		5:30 am <b>WARM</b> B A R R E (45 min)		
						8:30am <b>GENTLE</b> B A R R E (45 min)	8:15am  <b>WARM</b>  Vinyasa Flow
		9:30am  B A R R E (45 min)	9:30 am  <b>HOT YOGA</b>	9:30am Yoga		9:45am  B A R R E (45 min)	9:45am <b>WARM</b> B A R R E (45 min)
		11:45 am  Pilates Yoga Fusion		11:45 am  Pilates Yoga Fusion			
	3:30 pm  Yin						
	5:00pm  <b>HOT YOGA</b>	5:30pm  <b>HOT YOGA</b>	5:30pm  Yoga	5:30pm  B A R R E (45 min)	5:30pm  Yoga		
		6:45pm  Yoga	6:45pm  <b>WARM</b> Vinyasa Flow	6:30pm  <b>HOT YOGA</b>  + Meditation			

**PLEASE NOTE:** For all classes in the yoga studio at South, we require participants to supply their own yoga mat.

Barre	Fuses 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 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.
+ Meditation	Experience 15-20 minutes of guided meditation to reach a clear mind and deep relaxation.
Pilates Yoga Fusion	The best of yoga and Pilates in one class! This fusion workout will strengthen, stretch and tone your entire body through various exercises and equipment.
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.

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 Dance	Get your groove on! This is an exciting aerobic class that incorporates several styles of dance while burning calories and toning the body. No complex choreography to master, just fun dance moves in an easy-to-learn format!
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! 55, 45, and 30 minute classes available.
Cardio Pilates	Improve flexibility, posture, and core strength, with cardio mixed in! Modifications provided for all levels. 45 minutes.
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! Bike reservations available. Visit <a href="http://www.amesfitness.com">www.amesfitness.com</a> for info.
 INSANITY™	INSANITY™ is a cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. You don't have to be in extreme shape— levels of each exercise are provided.
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.
Shake & Strength	Get ready to sweat through the decades! This class mashes calisthenics with old school grooves and new school moves to your favorite jitterbug beats, 80's jams, and modern day hits! From the disco and dougie, to squats and lunges, you'll be shakin' and strengthening in no time!
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	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.

All classes are 55 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, Mandy McGuire, at [mandym@amesfitness.com](mailto:mandym@amesfitness.com) or (515)232-1911.