



# GROUP FITNESS SCHEDULE

Updated 3/1/19. All classes FREE with membership.  
(Classes and instructors subject to change at any time.)

## NORTH FITNESS STUDIO




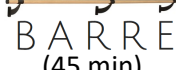






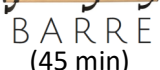


	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am				Cardio Drill (45 min)			
7:30am/ 8:00am			 7:30am				Hard Core 8:00am (25 min)
8:30am		TBC	Yoga Basics	TBC	<i>Shake &amp; Strength</i>	TBC	
9:30am					Yoga Basics		
10:30am	Yoga 11:00am	Express Cardio Drill (30 min)			Cardio Dance 10:45am		Power Yoga
	 4:00pm	Cardio Pilates 4:30pm (45 min)	 4:15pm	 4:15pm	 4:15pm		 12:00pm
5:30pm			Cardio Dance	Power Yoga	Cardio Dance	 5:00pm	
6:35pm			Dirty 30 Kick (30 min)	 			

## NORTH AQUATIC FACILITY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00- 6:45am				Power Aqua			
8:00- 8:45am		Aqua Fitness (No lap swim)	Aqua Fitness (No lap swim)	Aqua Fitness (No lap swim)	Aqua Fitness (No lap swim)	Aqua Fitness (No lap swim)	Aqua Fitness (No lap swim) 9:15am
10:30- 11:15am		Aqua Fitness 8:50am	Aqua Jam		Aqua Jam		
5:30- 6:15pm	Family Swim 2:00-4:00pm (No lap swim)	Aqua Jam		Aqua Jam	Aqua Jam	Family Swim 7:00-9:00pm (No lap swim)	Family Swim 2:00-4:00pm (No lap swim)





# SOUTH YOGA STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		 <b>HOT YOGA</b>	<b>WARM</b> BARRE (45 min)		<b>WARM</b> BARRE (45 min)		
8:30am	 <b>WARM</b> Vinyasa Flow					<b>GENTLE</b> BARRE (45 min)	 <b>WARM</b> Vinyasa Flow
9:30am		 <b>BARRE</b> (45 min)	 <b>HOT YOGA</b>	Yoga Basics		 <b>BARRE</b> 9:45am (45 min)	<b>WARM</b> BARRE (45 min)
10:35am						 <b>WARM</b> Vinyasa Flow	
11:45am		Pilates Yoga Fusion		Pilates Yoga Fusion			
4:30pm	Yin Yoga <b>4:00pm</b>				 <b>WARM</b> Vinyasa Flow	Soul Flow	
5:30pm		 <b>HOT YOGA</b>	 <b>WARM</b> Vinyasa Flow	 <b>BARRE</b> (45 min)	Yoga		
6:35pm	 <b>HOT YOGA</b> <b>6:00pm</b>	Yoga	Meditation (30 min)	 <b>HOT YOGA</b>			

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	Calm the body and master your mind during this interactive and guided 30 minute class.
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.
Power Yoga	Build strength, endurance, and flexibility as you progress through various poses guaranteed to challenge the mind and body. Modifications provided for all levels.
Soul Flow	Kick your weekend off to a soulful start with some upbeat tunes while flowing through a vinyasa-style sequence, linking breath to movement. Music varies weekly!
Warm Vinyasa	80-85 degrees. Focuses on syncing breath to a lively & mindful flow.
Yin Yoga	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.
Yoga Basics	This class is great for beginners, as well as continuing students to get acquainted with yoga. Students practice the fundamentals and proper alignment in a relaxed, non-competitive setting.

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.
Belly Dance Fit	Build your core and pelvic muscles, improve your flexibility, and learn some new dance moves! 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.
Dirty 30 Kick	A quick and fun class for all levels that will be sure to have you feeling refreshed and energized! Includes 2 rounds of 10 kickboxing, agility, and dumbbell movements that will get your heart racing.
 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.
Hard Core	Attack your abs and back from all angles with a variety of exercises. 25 minutes.
 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!
 M 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.
 SOCA® FITNESS	Dance, sweat, and party in this one of a kind, Caribbean inspired cardio dance class!
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!
Spin & Strength Combo	Hit two birds with one stone! 30 minutes of cycling in the spin studio followed by 30 minutes of strengthening in the group fitness studio. Welcome to attend both sections or just one.
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.

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