















# GROUP FITNESS SCHEDULE

Updated 10/13/23

All classes included with membership.

## NORTH FITNESS STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5:30 am 	5:30 am Cardio Drill (45 minutes)	5:30 am 	5:30 am Cardio Drill (45 minutes)	
		8:15 am TBC	8:15 am Yoga	8:15 am TBC	8:15 am Prop it Up Yoga	8:15 am TBC	8:15 am 
		9:30 am 	9:30 am Step Strong	9:30 am 		9:30 am 	9:30 am 
	11:00am Yoga						
	4:00pm 	4:30 pm Cardio Pilates (45 minutes)	4:15pm 		4:15pm 		
		5:30pm 		5:30pm 	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	9:00 am 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. Do enter pool / pool area until 10 minutes prior to class starting.


## SOUTH FITNESS STUDIO


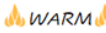


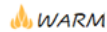


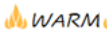








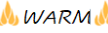
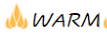


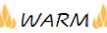






	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8:30am 		8:30 am 		8:15am 
		9:30 am 				9:30 am Cardio Drill	9:30 am 
		5:30 pm 	5:30 pm 	5:30 pm 			

## SOUTH SPIN STUDIO

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

# SOUTH YOGA STUDIO

Classes labeled with  indicate registration is available. It will guarantee your spot class. Details at [www.amesfitness.com](http://www.amesfitness.com).

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 am H.I.I.T.  BARRÉ  WARM (45 min)	5:30 am   BARRÉ  WARM (45 min)		5:30 am   BARRÉ  WARM (45 min)		
						8:30 am Gentle  BARRÉ (45 min)	8:15 am  WARM Vinyasa Flow
		9:45 am  BARRÉ (45 min)	9:30 am  HOT YOGA	9:30 am Yoga	9:30 am  HOT YOGA	9:45 am  BARRÉ (45 min)	9:45 am   BARRÉ  WARM (45 min)
		11:45 am Pilates Yoga Fusion		11:45 am Pilates Yoga Fusion		10:45 am Hands on Yoga	
	3:30 pm Yin		4:15 pm Yin  WARM			4:30 pm RAISE THE   BARRÉ  WARM	
	5:00pm  HOT YOGA	5:30pm  HOT YOGA	5:30pm Yoga Basics	5:30pm  BARRÉ (45 min)	5:30pm Yoga		
		6:45pm  Fit Mix Starts 11/6	6:45pm  HOT YOGA + Meditation	6:30pm  HOT YOGA + Meditation			

**PLEASE NOTE:** For all classes in the yoga studio at South, 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.

**Fit Mix:** A mashup of everything fitness! Strength, cardio bursts, core, yoga. You name it, we'll try it. 45 minutes. (Hot)

**HIIT Barre** Cardio meets Barre meets Interval equals RESULTS! (Warm)

**Hands-on Yoga** Optional hands-on assistance provided. Great for beginners learning yoga, as well as experienced yogis looking to dive deeper into their practice.

**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.







**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.

- 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! 55, and 45 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!
-  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.
-  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!
-  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.
-  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!
-  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.
- Prop it Up Yoga** Work through various yoga poses using straps and blocks to find proper alignment, support and the maximum stretch.
- 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 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.
- Step Strong** Basic 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.
-  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.