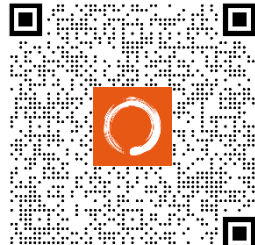


RE-ENERGIZE.

Group Fitness Schedule

January 2nd – March 29th

No class January 15th!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	 Register for class via MindBody – scan the QR code above! *All classes are free*
		7 – 7:45am Sunrise Yoga Strength -- 2/14 Valentine's Day Gratitude Yoga		
	11 – 11:20am Core Conditioning			
12:15 – 1pm Monday Mayhem		12:15 – 1pm Yoga for Stress Relief	12:15 – 1pm Strength	
	4:15 – 5pm Indoor Cycle -- 3/12 ShamROCK + Ride Indoor Cycle Class		4:10 – 4:30pm Mobilize & Recover	

Monday Mayhem: Trainer's choice! Work through fun and different class formats (HIIT, EMOM, Tabata, AMRAP, etc.) and utilize a variety of exercise equipment (BOSU ball, long fitness bands, medicine balls, etc.) to get a full body workout in. Classes will be a good mix of cardio, strength, and core. Intensity 2-5.

Core Conditioning: This class is geared towards building a stronger core via exercises that work the entire abdomen, spine, hip, and low back regions. Intensity 1-3.

Indoor Cycle From the flat prairies to the rolling hills, indoor cycling will lead you through a journey of terrains, intensities, tempos, resistances, and endurance. Playlists will be themed each week! Intensity 2-5.

Sunrise Yoga Strength Kickstart your morning with a full body dose of yoga strength! This class will utilize yoga poses, short flow sequences, and functional movements to aid in strength, balance, and posture. Intensity 1-4.

Yoga for Stress Relief Enjoy a gentle, stretch-based yoga class to induce relaxation and stress relief. Intensity 1-2.

Strength Between dumbbells, kettlebells, and bodyweight, this upbeat class will keep you on your toes while building full body strength and muscular endurance! Intensity 2-5.

Mobilize & Recover The last class of the week is geared towards recovering from the week's various workouts via stretching, mobility, flexibility, and posture work. Intensity 1-3.

*Intensity scale: 1 = very light intensity, 2 = light intensity, 3 = moderate intensity, 4 = high intensity, 5 = very high intensity

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