


RE-ENERGIZE.

Group Fitness Schedule

April 1st – June 7th

No class Thursday, May 16th, and Monday, May 27th!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	 <p>Register for class via MindBody – scan the QR code above!</p>
11 – 11:45am Monday Mayhem		11 – 11:45am Yoga	11 – 11:45am Strength	
	4:15 – 5pm Indoor Cycle			

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.

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.

Yoga: Enjoy a full body strengthen and stretch yoga class. You'll leave feeling strong, yet relaxed. Intensity 1-3.

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.

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