

RE-ENERGIZE.

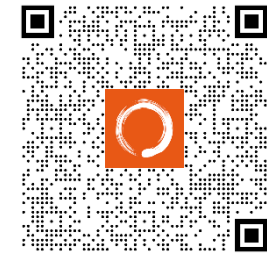
# Group Fitness Schedule

January 6<sup>th</sup> – March 27<sup>th</sup>, 2025

No class on Monday, January 20<sup>th</sup>

Group Fitness classes open to anyone in the building January 13<sup>th</sup> – 16<sup>th</sup>. No membership necessary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>11 – 11:45am <b>Small Equipment Bootcamp</b> -- 3/17 ShamROCK &amp; Ride Cycle Class</p>	<p>11 – 11:30am <b>Strengthen &amp; Stretch Yoga</b> -- 2/25 Mat Pilates with Cathy (FREE!) 11-11:45am Beginner Class and 12-12:45pm Intermediate Class</p>	<p>11 – 11:45am <b>Indoor Cycle + Core</b> -- 1/15 Stop Dieting, Start Living: Creating a Lifestyle that Lasts Seminar with Ricci-Lee Hotz, MS, RDN, LD 1/15 class moved to 7am</p>	<p>11 – 11:45am <b>Strength</b> -- 2/13 Valentine's Day Gratitude Yoga</p>
	<p>4:15 – 5pm <b>Indoor Cycle</b></p>		



Register for class via MindBody – scan the QR code above!

**Small Equipment Bootcamp:** This full body strength and cardio class will get your heart rate up using a variety of small equipment like glider discs, small loop bands, steps, kettlebells, and more! Low impact options will always be provided in place of higher impact movements. Intensity 2-5.

**Strengthen & Stretch Yoga:** Enjoy a full body strengthen and stretch yoga class. You'll leave feeling strong, yet relaxed. 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.

**Cycle + Core:** Enjoy a 30-minute cycle class following by 10-15 minutes of core work. This class includes a great mix of cardiovascular endurance and core strength training. Intensity 3-5.

**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.

**1/15 Stop Dieting, Start Living:** Creating a Lifestyle that Lasts Seminar: A seminar by Ricci-Lee Hotz, Registered Dietitian and Owner of A Taste of Health, LLC, on utilizing nutrition for healthy weight loss and creating a sustainable lifestyle by learning about: balancing food groups and meal timing, awareness of hunger cues and mindfulness during meals, weight loss medications and when they're useful or harmful, and how exercise fits into the mix

**2/13 Valentine's Day Yoga:** Incorporate thankfulness into a strengthen and stretch yoga practice. Intensity 2-5.

**2/25 Mat Pilates with Cathy:** This class combines mindful movement with flexibility and core exercises. It will leave you feeling longer, leaner, and stronger. The combination of breath and flow work will bring connection to your daily life and leave you ready to handle your day! Intensity 2-5.

**3/17 ShamROCK n' Ride Cycle Class:** From the flat prairies to the rolling hills, indoor cycling will lead you through a journey of terrains, intensities, tempos, resistances, and endurance. The playlist for this class includes upbeat rock and Irish music in honor of St. Patrick's Day! Intensity 2-5.

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

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