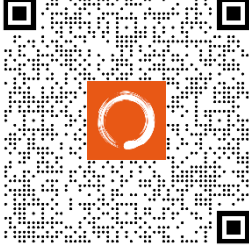


RE-ENERGIZE.

Group Fitness Schedule

July 8th – September 27th

No class Labor Day Monday, September 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	 Register for class via MindBody – scan the QR code above!
11 – 11:45am HIIT	11 – 11:30am Yoga	11 – 11:45am Cycle + Core	11 – 11:45am Strength	
	4:15 – 5pm Indoor Cycle			

HIIT: High-intensity interval training! While this class is high-intensity and will keep our heart rates up, it's not always high-impact. We will utilize a variety of movements and equipment to get our heart pumping and energy rising! Intensity 3-5.

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.

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