

Group Fitness Schedule

SEPT 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15	→ HIIT the Ground Running-Carly		→ HIIT the Ground Running- Carly			
6:30		→SHRED-Emily Grace		★*Yin Flow Stretch - Leigh Ann		
8:00					★ Bodypump -Courtney	→ HIIT Zone- Cristina
8:00				→*Barreburn-Michelle		→ BODY PUMP -Tracy
8:15	→ S.W.E.A.T. - Carly	→ Burn & Build- Jordan	→ S.W.E.A.T. - Carly	→ Burn & Build- Jordan		
9:00		★ Warm Water Walking Jim		→8:45 HIIT Zone- Cristina	→ 8:45 Men's Strength/pavilion- L.C.	★ Max Burn w/Step - Thalia/Jesse
9:00	→*Barreburn-Michelle	★*PIYO-Amber	★*Yoga Flow- Courtnae	★*PopPilates -Amber	★*Yoga Flow- Courtnae	★*Yin Flow Stretch - Leigh Ann
9:00	→ CardioParty- Carla	■ Just Step - Peggy	→ CardioParty- Carla			
9:30						
10:00	★ *Yoga Flow-Leigh Ann	★ *Bodybarre -April	★ *Define-April	★ *Bodybarre-April	★ *Mat Pilates-April	
10:00	★ Senior Exercise-FUN	★ Chair Yoga - Tammy	★ Senior Exercise-FUN	★ Chair Yoga - Tammy		
4:00	■ Burn & Build-Jordan					
5:00	■ Body Strong- Sam	→ HIIT Zone- Cristina	■ CardioKick- Jesse & Thalia	■ Burn & Build-Jordan		
5:30	■ CardioKick- Jesse & Thalia	■ Latin Jam-Jesse	■ S.W.E.A.T. Express-Carly	→BURNOUT/Emily/Eric		
5:30	★ *Yoga Flow-Courtnae	→*Barreburn-Michelle				
6:00		★5:45 Aqua Tone -Janet		★Warm Water Walking		

★ One hour class → 45 minute class ■ 30 minute class

*registration required, no show fee may apply

615-449-0031

www.sportsvillagefitness.com

Descriptions:

Cardio

- * Latin Jam: Latin-infused cardio dance, so fun you don't notice you are sweating your tail off! All levels Welcome!
- * Cardio Party: Fun moves to the beats of all genres of music. If you like to move to the beat you will love this class for all ages.
- * Just Step:: Basic step like we did years ago. No fancy moves but covers all the basics. Great workout for burning calories and shaping up the lower body.
- * CardioKick: This is a power packed cardio workout with a mixture of kicks and punches that is sure to challenge your heart & muscles.

Mindbody

- * Yoga Flow: Vigorous, beautiful, flowing patterns of motion & energy. This produces internal heat for overall detoxification , weight loss and mobility
- * Yin Flow Stretch: Yin yoga is a slow-paced style of yoga for better flexibility and circulation. Great for newbies and the very best super stretching.
- * POP Pilates: Exercises that will be familiar on the mat with great toning and overall strength and body alignment in flowing motion and movements.
- * PIYO: Have hard core definition, intense calorie burn, and all over strength-without weights, without jumps, and without destroying your body.
- * Yoga Flow: Wonderful class for flexibility and stretching. Everyone can do it. Great class for newbies to yoga
- * Chair Yoga: Perfect stretch for the body and great for the mind. You will be surprised how great your body and mind will feel all while never leaving the chair.
- * Village BARRE: Create LONG, LEAN Muscles using your own body using the barre focus on movement control and form. This is a workout for the famous! BodyBarre is for ALL bodies, a barre method unlike any you've tried before. Seamless, high energy flow of ballet-inspired choreography, Pilates-based exercises, and a focus on breath movement, heart rate up and muscles working hard with ZERO impact, leaving you strong, sleek, and streamlined. Come see why everyone loves BodyBarre

Strength

- * Burn Out: This is a SQUAD... Strength/Burn that is formulated for ages 16-42. 45 minutes of high REPS for strong bum, SHRED limbs & abs..... FOMO
- * S.W.E.A.T.: STRENGTH WITH ENDURANCE ATHLETIC TRAINING (that everyone can do)!
- * Bodypump: A simple and effective way to improve strength, function, shape, and definition while burning over 500 calories. This strength training class uses body weight as well as barbells and dumbbells to shape your body.
- * Max Burn w/step – Maximize your muscular and cardio development all in one intense training session using intervals of plyometrics and strength including basic step!
- * Burn & Build: ON THE GREEN TURF. This is a very popular class that is a variety....all levels and ages using lots of tools and equipment to burn calories
- * Body STRONG: Hand weights and movements that you are familiar with will burn calories and develop muscle strength like crazy!
- * HIIT the Ground Running & HIIT ZONE: High Intensity Interval Training- The Room upstairs HIIT ZONE with green turf.

Senior

- * Senior Exercise Party: Every class feels like a party with fun music! You will feel refreshed and Total Body Strong with use of dumbbells, bands and a variety of things to feel flexible, strong and tones.
- * H2o FIT: In our warm therapy pool you will work your entire body and receive cardio benefits as well. Wonderful place to meet friends with common goals.
- * EZ Aqua Tone: You will find yourself feeling refreshed and rejuvenated. This group all works to become more flexible and better at movement.