

Group Fitness Schedule

MAR 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15	→ HIIT the Ground Running-Carly		→ HIIT the Ground Running- Carly			
6:30		→6:15 BODY ROCK dumbbells & body weight Carly		★*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	<p>Cycle 615</p> <p>Monday 5:30am/5:30p Tuesday 5:30a/5:30p Wednesday 9a Thursday 5:30a/5:30p Friday 9:15a Saturday 8a/9:30a Sunday 1p</p> <p>\$12/mo for unlimited spin</p> <p>Try 2 classes free, book your free trial classes at the welcome desk.</p>
10:00	★ Senior Exercise-FUN	★ Chair Yoga - Tammy	★ Senior Exercise-FUN	★ Chair Yoga - Tammy		
4:00	→ Burn & Build-Jordan	→Box Fit Kids-Thalia		→Box Fit Kids-Thalia→ →Burn & Build-Jordan		
5:00	■ Body Strong-Samantha	→ HIIT Zone- Cristina ■BUNS & GUNS/Jesse	■ CardioKick- Jesse & Thalia	→ *4:30 Power HIIT Pilates- Amanda		
5:30	■ CardioKick- Jesse & Thalia	→DANCEFIT/Jamie	→ S.W.E.A.T. Express-Carly	→Body Strong Circuit-Samantha	→ BODY PUMP -Tracy	
5:30	★ *Yoga Flow-Courtnae	→*Power HIIT Pilates- Amanda				
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

Cardio

*Dance Fit: all new 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: Focusing on the connection between breath, movement, and the mind, this class is based on the principles of hatha yoga, vinyasa yoga and ashtanga vinyasa. (app registration required)

* Yin & Restore: Featuring poses done close to the ground, like seated forward folds, hip openers, supine twists, and supported backbends. Release, recovery, relaxation, surrender, and greater flexibility are the goals. (app registration required)

* POP Pilates®: Where strength meets flexibility. Think highly-focused Pilates-based movements combined with cardio exercises, that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat. (app registration required)

* PIYO™: Combining the strength training—and body lengthening—aspects of Pilates with the core training and stretching elements of yoga. Low impact and adaptable to all ages and fitness levels, PiYo™ is set up like a cardio class, designed to burn calories and make you sweat. (app registration required)

* 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.

* BarreBurn: With a focus on small, pulsing movements and an emphasis on form, alignment and core engagement, this traditional 45 minute, isometric barre workout will tone the muscles in your body. All levels welcome. (app registration required)

* BodyBarre® is the original high-intensity, non-impact barre workout you've been waiting for. With a seamless, high energy flow of ballet-inspired choreography, Pilates-based exercises, and a focus on breath movement, this class torches up to 600 calories, by keeping your heart rate up and your muscles working hard, leaving you strong, sleek, and streamlined. (app registration required)

* Mat Pilates: Our Mat Pilates class is a powerful, full body practice, which focuses on strengthening muscles through deep core work and conditioning of the arms and legs. We often utilize a variety of props to increase the intensity. This mat-based class is based on the original exercises Joseph Pilates developed over 100 years ago. Suitable for all levels. (app registration required)

* Define™: A high-energy, cardio-Pilates, off the barre workout. Utilizing a variety of props, Define™ combines traditional squats, deadlifts and planks, with the classical movements of Pilates and barre. (app registration required)

*Power HIIT Pilates: Amp up your Pilates practice with this 45 minute, full-body, circuit style High Intensity Interval workout. Utilizing weights, pilates rings, booty bands and more, this class will fire up your core, challenge your stamina and sculpt your muscles. (app registration required)

Strength

* Body Rock:: early morning full body strength training, using your body weight and hand weights to acquire a tight firmness in every part of your body.

* 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! This class will be fun, functional and guaranteed to improve your overall physique.

* Burn & Build: In the . 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!

* Body Strong Circuit:Class consists of 10 stations (each 3 minutes in duration) as a cross training to build ur fat burning capacity,endurance & flexibility.

The class will be fun, functional and guaranteed to improve overall physique

* 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 toned.

* 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.