

Sports Village Fitness

GROUP FITNESS CLASS SCHEDULE

JANUARY 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15	→ HIIT the Ground Running- Kevin		→ HIIT the Ground Running- Kevin			
6:30				★*Yin Flow Stretch - Leigh Ann		
8:00			→*BarreBURN- Michelle		★BODYPUMP- Courtney	→ HIIT Zone- Cristina → BODYPUMP-Tracy
8:15	→ S.W.E.A.T.- Caly	→ Just WEIGHTS - Jordan	→ S.W.E.A.T.- Carly	→ Just WEIGHTS - Jordan		
9:00		★ Warm Water Walking	→(8:45) Aqua Strength - Samantha			★ Max Burn - Thalia/Jesse
9:00	→*BarreBURN-Michelle	★*PIYO-Amber	★*Yoga Flow- Courtnae	★*PopPilates- Amber	★*Yoga Flow- Courtnae	★*Yin Flow Stretch - Leigh Ann
9:00	→ Cardio Dance- Svetlana	→ Step FIT - Peggy	→ Cardio Dance- Svetlana			Sunday 2:00pm Basic Training-Bryson
10:00	★ *Yoga Flow- Leigh Ann	★ *BodyBarre- April		★ *BodyBarre- April	★ *Mat Pilates- April	*Cycle 615 Monday 9am/5:30p Tuesday 5:30a/5:30p Wednesday 9a/5:30p Thursday 5:30pm Friday 9:15am Saturday 9:00am Sunday 1:00pm \$12/mo for unlimited spin Try 2 classes free, book your free trial classes at the welcome desk.
10:00	★ Senior Exercise FUN - Samantha C.	★ Chair Yoga - Tammy	★ Senior Exercise FUN- Samantha C.	★ Chair Yoga - Tammy		
4:00		★ FITKIDS	→ *4:30 BarreBURN - Erin	★ FITKIDS	→Step Dance Combo Peggy	
5:00	■ Body Strong- Samantha	→ HIIT Zone- Cristina ■BUNS & GUNS-Jesse	■ CardioKick- Jesse & Thalia	4:30→Zumba-Svetlana →HIIT FLEX Zone Thalia-Jesse		
5:30	■ CardioKick- Jesse & Thalia	→Step Dance Combo Peggy		→Body Strong Circuit- Samantha		
5:30	★ *Yoga Flow-Courtnae			★ *Yoga Flow-Svetlana		
6:00		★5:45 Aqua Tone -Janet		★Warm Water Walking		

Cardio

- * Step Dance Combo: all new cardio dance, plus basic step combo:n so fun you will not notice you are sweating your tail off! All levels Welcome!
- * Cardio Dance: 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.
- * Step FIT: Basic step like we did years ago. No fancy moves but covers all the basics. Great fun workout for burning calories and shaping the lower body and abs.
- * CardioKick: This is a power packed cardio workout with a mixture of kicks and punches that is sure to challenge your heart & muscles.

Mind-Body

- * 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 Flow & Stretch:: Featuring mat based poses; Release, recover, relax, and achieve greater flexibility. (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: A gentle introduction to a yoga practice: Stretch the body and improve the mind, with the support of a 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. This mat-based class is based on the original exercises Joseph Pilates developed over 100 years ago. Suitable for all levels. (app registration required)
- * Pilates Fusion: A mat based class, combining Pilates-based exercises with elements of strength training, powerful yoga flows, and more, utilizing a variety of props to keep each class fresh and every muscle guessing. (app registration required)

Strength (+ Cardio)

- * S.W.E.A.T.: STRENGTH WITH ENDURANCE ATHLETIC TRAINING (that everyone can do)!
- * Basic Training: With a focus on proper form and foundation, this weight-based strength training class will help you build muscle and increase endurance....the right way.
- * 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 – 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.
- * 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.
- * HIIT FLEX ZONE: High Intensity combing heart pumping cardio movement with variety of equipment & body weight exercise
- * Just Weights: A class geared towards increasing strength, utilizing weights, barbells and more.

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.