

# Sports Village Fitness

## GROUP FITNESS CLASS SCHEDULE

**JANUARY 2026**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15	→ HIIT the Ground Running- Kevin		→ HIIT the Ground Running- Kevin			
6:30				★*Yin Flow - Leigh Ann		
8:00					★ PowerPress - Courtney	→ HIIT Zone- Cristina → DANCE FIT-Simone
8:15	→ S.W.E.A.T. - Carly	→ Gainz & Weights - Bryson	→ S.W.E.A.T.- Carly	→ Gainz & Weights - Bryson		
9:00		★ Warm Water Walking	→(8:45) Aqua Strength - Samantha			★ Max Burn - Thalia/Jesse
9:00	→*BarreBURN-Erin	★ *Pure Form Pilates - Bella	★ *Yoga Flow - Courtnae	★ *PopPilates- Amber	★ *Yoga Flow - Courtnae	★ *Yin Flow Stretch - Leigh Ann
9:00	→ Cardio Dance- Carla	→ STEP Combo - Peggy	→ Cardio Dance- Carla			
10:00	★ *Yoga Flow - Leigh Ann	★ *BodyBarre - April		★ *BodyBarre - April	★ *Power Pilates - April	<b>*Cycle 615</b> Monday 9am/5:30p Tuesday 5:30p Wednesday 9a/5:30p Thursday 5:30p Friday 9:15am Saturday 9:00am Sunday 3:00p  beginning Jan 14th Wed 6am & Fri 5pm  \$12/mo for unlimited spin
10:00	★ Senior Exercise FUN - Samantha C.	★ Chair Yoga - Tammy	★ Senior Exercise FUN - Samantha C.	★ Chair Yoga - Tammy		
4:00		→ Fit Kids - Owen		→ Fit Kids - Owen		
5:00	■ Body Strong- Samantha	→ HIIT Zone- Cristina ■ BUNS & GUNS-Jesse	■ CardioKick- Jesse & Thalia	<b>4:45pm</b> → STEP Combo - Courtney S		
5:30	■ CardioKick- Jesse & Thalia	→ STEP Combo Courtney S		→ Body Strong Circuit - Samantha		
5:30	★ *Pilates: Define & Align - Natalie		★ *Yoga Flow - Courtnae			
5:45		★5:45 Aqua Tone -Janet	→ 5:45 MET CON -Owen	★Warm Water Walking		

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★ One hour class

→ 45 minute class

■ 30 minute class

\*Registration required

**PH: 615-449-0031**

## Cardio

- \* Dance Fit: Zumba added with traditional dance moves creates a fun, high energy experience. FUN heat-pumping start to the weekend
- \* 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 Combo: Basic step like we did years ago. No fancy moves but covers all the basics. End the class with a couple of cardio dance songs! 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. Suitable for all levels. (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)
- \* Chair Yoga: A gentle introduction to a yoga practice: Stretch the body and improve the mind, with the support of a chair. Suitable for beginners.
- \* 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)
- \* Power Pilates: A powerful Pilates-based, full body, cardio-enhanced practice, focusing on strengthening muscles through deep core work and conditioning using a variety of props, such as weights, rings, blocks, bands and more! Suitable for all levels. (app registration required)
- \* Pilates Define & Align: Designed to deepen core strength, refine alignment, and sculpt long, lean muscles, Define & Align will utilize exercises based on the original series created by Joseph Pilates, leaving you feeling strong, sculpted and fully aligned. Suitable for all levels. (app registration required)
- \* Pure Form Pilates: This class focuses on precision, alignment, and mindful control, giving you the tools to move with confidence and ease. It's the perfect way to build a strong foundation, whether you're new to Pilates or refining your practice. Suitable for all levels. (app registration required)

## Strength (+ Cardio)

- \* MET CON- metabolic conditioning
- \* 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.
- \* PowerPress A simple and effective way to improve strength, function, shape, and definition while burning 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 & HIIT FLEX ZONE: High Intensity Interval Training- The Room upstairs HIIT ZONE with green turf.
- \* Gainz & Weights: This class focuses on foundational lifts, with progressive programming, designed to help you build real strength with proper technique. Get stronger, move with confidence and achieve your gain goals!

## Senior

- \* Senior Exercise Fun: A class geared for all fitness levels! 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.