

# GROUP FITNESS CLASS DESCRIPTIONS

## LES MILLS CLASSES

### GRIT STRENGTH | 30 MIN

A 30 minute high intensity interval (HIIT) workout, designed to improve strength and build lean muscle.

### BODY COMBAT | 55 MIN

A challenging mix of martial arts and endurance, unleashing strength you never knew you had.

### BODY FLOW | 55 MIN

A yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, calm and centered.

### BODY PUMP | 60 MIN

The original weights class that builds strength, tones your body, and pushes you to the limit. With high repetitions and low weight, get ready to get strong! Over 25 years of research goes into every rep!

### RPM | 45 MIN

Heart pumping cycling class set to the beat of the latest and greatest music. Cardio-peak training encourages active rest and high intensity intervals to keep your avg. heart rate high!

### SPRINT | 30 MIN

High- Intensity interval training on the bike. Working at 85% your max heart rate for 90% of the workout, you will change your body composition and get results fast!

### CX WORX | 30 MIN

A personal training-inspired, scientifically-based workout that challenges you to build and maintain a better shaped and functioning core.

### PIYO | 50 MIN

A fast-paced yoga and Pilates inspired workout that gets your heart-pumping and your core strong.

## OTHER CLASSES

### EXTREME CONDITIONING | 55 MIN

Designed to push you to your limits. Cardio, muscular strengthening, plyometric drills, distance running, & more!

### ZUMBA | 55 MIN

An urban dance work out of Latin Rhythm.

### SENIOR FIT | 55 MIN

Get moving in this class designed to increase strength, range of movement and keep active for active older adults.

### BOOT CAMP | 55 MIN

Designed to work your whole body through lifting, running, plyometric and body weight resistance movements.

### FULL BODY FUSION | 55 MIN

Target all your major muscle groups by focusing on strength and muscle endurance.

### PILATES | 55 MIN

Physically challenging but gentle on your body.

### AQUA FIT | 60 MIN

Jump in the pool for this heart pumping cardio workout!

### YOGA FLOW | 60 MIN

Linking movement with breath (Includes: Sun Salutations) Can be modified for all levels

### TABATA | 55 MIN

This intense class works the entire body with 20 seconds of work and 10 seconds of rest that is repeated over the course of class.

### YOGA | 60 MIN

Decrease your stress and put your flexibility to the test!

### MUSCLE | 55 MIN

Full body strength training designed to add definition and decrease body fat while increasing lean muscle.

### THERAPEUTIC YOGA | 60 MIN

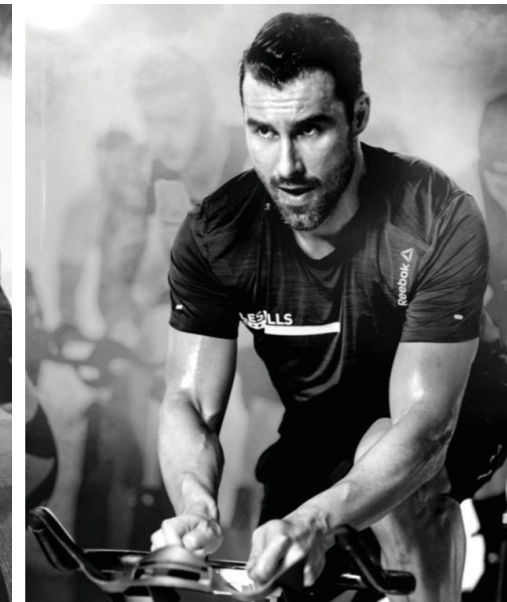
Focusing mind, body and breath through yoga.

### BARRE FIT | 60 MIN

This class blends strength training and stretching in a fun, friendly, high energy way that will tighten and sculpt your muscles using bands and light weights from the floor.

# GET FIT ARROWHEAD FITNESS

## GROUP FITNESS SCHEDULE | JUNE 2018



### CLUB HOURS

MON-THU 5:00AM - 10:00PM  
 FRI 5:00AM - 8:00PM  
 SAT 6:00AM- 7:00PM  
 SUN 7:00AM - 6:00PM

### KIDS CLUB HOURS

MON-FRI 8:00AM - 1:00PM  
 4:00PM - 8:00PM  
 SAT 8:00AM - 1:00PM  
 SUN 8:00AM - 12:00PM

### INFANT CARE

AGES: 3 MONTHS TO 18 MONTHS  
 TIME LIMIT: 2 HOURS  
 WE ENCOURAGE A 3 DAY ADVANCE RESERVATION FOR INFANT CARE.



# GROUP FITNESS SCHEDULE | AM CLASSES | JUNE 2018

	MON	TUE	WED	THU	FRI	SAT	SUN
5:15 AM	<b>SPRINT</b> BAILEY	<b>BODYPUMP</b> CHRISTINE	<b>FREESTYLE CYCLE</b> KELLI	<b>TABATA</b> KELLI	<b>MUSCLE</b> KELLI		
6:00 AM	<b>XC</b> KRIS		<b>XC</b> ANIKA				
7:00 AM			<b>GENTLE STRETCH YOGA</b> NANCY			<b>THERAPEUTIC YOGA</b> DEB	
7:30 AM	<b>DEEP WATER AQUA FIT</b> CHRIS		<b>DEEP WATER AQUA FIT</b> CHRIS		<b>DEEP WATER AQUA FIT</b> CHRIS	<b>WK1&amp;3 SPRINT</b> SPIN ROOM CAROLYN	
				<b>YOGA FLOW</b> NANCY YOGA ROOM	<b>WK 2&amp;4 RPM</b> SPIN ROOM BAILEY		
8:00 AM	<b>YOGA</b> NANCY	<b>FULL BODY FUSION</b> LAURA	<b>GENTLE STRETCH YOGA</b> NANCY	<b>FULL BODY FUSION</b> LAURA		<b>XC</b> VARIES	
8:30 AM	<b>RPM</b> JILL				<b>RPM</b> CHAD		
					<b>XC</b> ANIKA - GX ROOM		
9:00 AM		<b>SPRINT</b> SPIN ROOM - JILL	<b>RPM</b> CHAD	<b>SPRINT</b> BETH			
		<b>XC</b> GX ROOM - KRIS	SPIN ROOM				
9:15 AM	<b>BARRE</b> CANDACE YOGA ROOM			<b>ZUMBA</b> GX ROOM - ANGEL			
				<b>BODY COMBAT</b> YOGA ROOM CANDACE			
9:30 AM	<b>BODYPUMP</b> BRITTY	<b>STRENGTH &amp; TONE</b> NANCY			<b>BODYPUMP</b> CHAD	<b>ZUMBA</b> ANGEL	<b>BODYPUMP</b> CHRISTINE
10:00 AM		<b>ZUMBA</b> ANGEL					
11:00 AM	<b>SENIOR FIT</b> ROSEMARY		<b>SENIOR FIT</b> ROSEMARY				<b>BODY FLOW</b> LAURA

# GROUP FITNESS SCHEDULE | PM CLASSES | JUNE 2018

	MON	TUE	WED	THU	FRI	SAT	SUN
4:00 PM				<b>THERAPEUTIC YOGA</b> DENISE			
4:30 PM		<b>THERAPEUTIC YOGA</b> DEB	<b>BODYPUMP</b> CANDACE				
5:00 PM		<b>SPRINT</b> CAROLYN					
5:30 PM	<b>XC</b> KRIS/ANIKA GX ROOM	<b>CX WORKS</b> CANDACE		<b>XC</b> CASS			
5:45 PM			<b>BODY COMBAT</b> ELANA				
6:00 PM	<b>PILATES</b> STEF	<b>BODYPUMP</b> CANDACE					
6:30 PM				<b>RPM</b> BAILEY			
7:00 PM		<b>BODY FLOW</b> LAURA		<b>YOGA</b> ASHLEY			

**WARNING:** All of our cycle classes have an atmosphere of fun loud music along with bright blinking lights. If this presents a health concern for you, please be advised. All members are welcome to use the Spin room and bikes when there is not a class taking place.

All classes are subject to change without notification.  
Minors must be 13 years old to attend any Group Fitness classes and must be with a parent. 16 years old without a parent.

Contact Nick Morgan at [nmorgan@arcisgolf.com](mailto:nmorgan@arcisgolf.com) for more information

