

# GROUP FITNESS CLASS DESCRIPTIONS

## LES MILLS CLASSES

### CX WORX | 30 MIN

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

### 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!

## OTHER CLASSES

### FREESTYLE CYCLE | 45 MIN

This class is a choreographed ride incorporating sculpting with push-ups, tap-backs, and side to side or forward back motions while incorporating various speeds and resistance levels.

### 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!

### 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 | 55 MIN

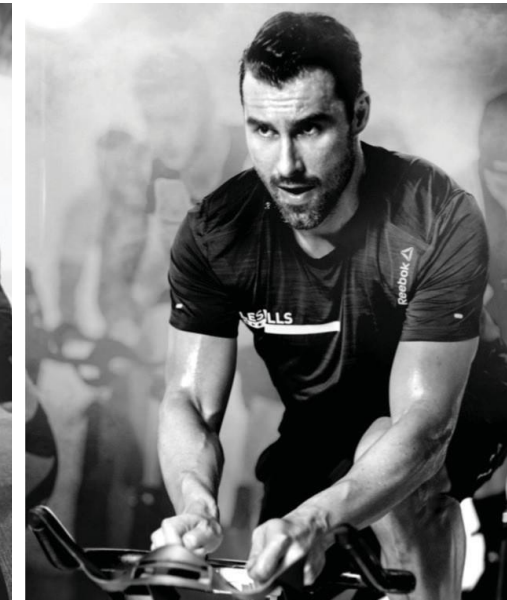
This class blends strength training and stretching in a fun, friendly, high energy way that will tighten and sculpt your muscles using bands and light weights from the floor.

### STRENGTH & TONE | 55 MIN

A total body workout that incorporates tubing, bands, hand held weights, stability balls and mat work

# GET FIT ARROWHEAD FITNESS

## GROUP FITNESS SCHEDULE | SEPTEMBER 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 - 1:00PM

### 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 | SEPTEMBER 2018**

	MON	TUE	WED	THU	FRI	SAT	SUN
5:15 AM	<b>SPRINT</b> GABRIELLE	<b>BODYPUMP</b> CHRISTINE	<b>RPM</b> GABRIELLE	<b>TABATA</b> KELLI	<b>MUSCLE</b> KELLI		
6:00 AM	<b>XC</b> AUDREY		<b>XC</b> ANIKA				
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>THERAPUTIC YOGA</b> DEB (7:00AM Start)	
8:00 AM	<b>YOGA</b> NANCY	<b>FULL BODY FUSION</b> LAURA	<b>YOGA</b> NANCY	<b>FULL BODY FUSION</b> LAURA		<b>RPM</b> BAILEY <b>XC</b> VARIES	
8:30 AM	<b>RPM</b> JILL				<b>RPM</b> CHAD <b>XC</b> ANIKA - GX ROOM	<b>BARRE</b> KELSEA	
9:00 AM		<b>SPRINT</b> JILL <b>XC</b> KRIS <b>STRENGTH &amp; TONE</b> NANCY	<b>RPM</b> CHAD	<b>SPRINT</b> BETH			<b>SPRINT</b> CAROLYN
9:30 AM	<b>BODYPUMP</b> BRITTY		<b>BODY COMBAT</b> ELANA		<b>BODYPUMP</b> CHAD	<b>ZUMBA</b> ANGEL	<b>BODYPUMP</b> CHRISTINE
10:00 AM		<b>ZUMBA</b> JESSICA		<b>ZUMBA</b> JESSICA			(10:30 AM) <b>BODY FLOW</b> LAURA
11:00 AM	<b>SENIOR FIT</b> ROSEMARY		<b>SENIOR FIT</b> ROSEMARY				

**GROUP FITNESS SCHEDULE | PM CLASSES | SEPTEMBER 2018**

	MON	TUE	WED	THU	FRI	SAT	SUN
4:30 PM		<b>THERAPEUTIC YOGA</b> DEB	<b>BODYPUMP</b> CHRISTINE L	<b>THERAPEUTIC YOGA</b> DENISE			
5:30 PM	<b>XC</b> KRIS/ANIKA GX ROOM	<b>SPRINT</b> CAROLYN		<b>XC</b> CASS			
6:00 PM	<b>PILATES</b> STEF	<b>BODYPUMP</b> LESLEY	<b>BARRE</b> KELSEA	<b>RPM</b> BAILEY <b>BODYFLOW</b> LAURA			

*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*

