

GROUP FITNESS CLASS DESCRIPTION

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!

XC | 30 MIN

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

OTHER CLASSES

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

PILATES | 55 MIN

Physically challenging but gentle on your body.

ENDURO CYCLE | 55 MIN

This 55 minute class incorporates hills and flats by using various intervals of strength and endurance geared towards maximizing your athleticism."

R.I.P.P.E.D. | 55 MIN

R.I.P.P.E.D. stands for Resistance, Interval, Power, Plyometrics, Endurance and Diet. R.I.P.P.E.D. follows its acronym & changes up the workout every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout for gym novices to trained athletes.

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.

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.

20/20/20 | 60 MIN

Crush your fitness goals with 3 workouts in one power hour. This class is designed to give you a total body workout: 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core/balance work with stretching.

AQUA FIT | 60 MIN

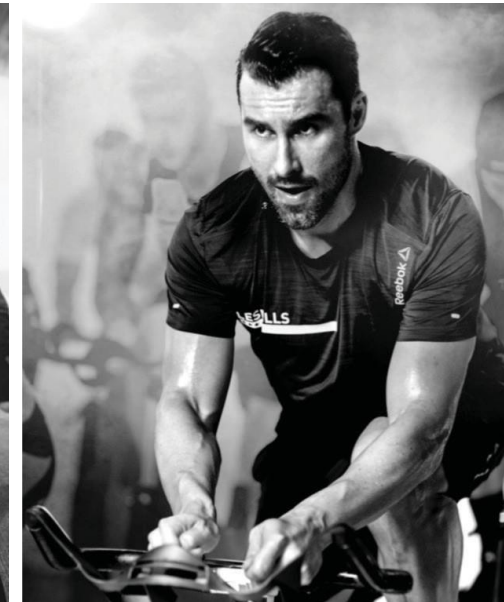
Jump in the pool for this heart pumping cardio workout!

TABATA | 60 MIN

This high-intensity class consists of 20 second intervals of work & 10 second intervals of rest, repeated over the course of the class. All levels welcome!

GET FIT ARROWHEAD FITNESS

GROUP FITNESS SCHEDULE | FEBRUARY 2019



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

**Ages 3 months to 12 years only.*

INFANT CARE

AGES: 3 months to 18 months

TIME LIMIT: 2 hours max

We encourage a 3 day in advance reservation for **all infants.*



ARROWHEAD
COUNTRY CLUB

GROUP FITNESS SCHEDULE

| AM CLASSES |

FEBRUARY 2019

	MON	TUE	WED	THU	FRI	SAT	SUN
5:15 AM	SPRINT GABRIELLE	TABATA KELLI	RPM GABRIELLE	R.I.P.P.E.D HEIDI	MUSCLE AUDREY		
6:00 AM	XC AUDREY		XC ANIKA				
7:30 AM	DEEP WATER AQUA FIT CHRIS		DEEP WATER AQUA FIT CHRIS		DEEP WATER AQUA FIT CHRIS	RPM GABRIELLE	
				YOGA FLOW NANCY	THERAPUTIC YOGA DEB (7:00AM Start)		
8:00 AM	YOGA NANCY	FULL BODY FUSION LAURA	YOGA NANCY	FULL BODY FUSION LAURA		XC KRIS	BODY FLOW LAURA
8:30 AM	RPM JILL				XC ANIKA - GX ROOM	BARRE KELSEA	
9:00 AM		SPRINT JILL XC TIERNEY	FREESTYLE CYCLE (9:15 AM) ANIKA	SPRINT BETH	ENDURO CYCLE SHANNON		SPRINT CAROLYN
9:30 AM	BODYPUMP BRITTY BARRE JORDAN		20/20/20 AUDREY		BODYPUMP DORA	ZUMBA ANGEL	BODYPUMP CHRISTINE L./ VALERIE
10:00 AM		ZUMBA JESSICA		ZUMBA JESSICA			
11:00 AM	SENIOR FIT ROSEMARY		SENIOR FIT ROSEMARY				

GROUP FITNESS SCHEDULE

| PM CLASSES |

FEBRUARY 2019

	MON	TUE	WED	THU	FRI	SAT	SUN
4:30 PM		THERAPEUTIC YOGA DEB		THERAPEUTIC YOGA DENISE			
5:30 PM	XC KRIS GX ROOM	SPRINT CAROLYN R.I.P.P.E.D. HEIDI	BODYPUMP CHRISTINE L	XC CASS			
6:00 PM	PILATES STEF		BARRE KELSEA	RPM JILL BODYFLOW LAURA (6:30 PM)			

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 for more information

