



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**GROUP FITNESS SCHEDULE**

**STUDIO A**  
EFFECTIVE: 4/1/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7am BODYPUMP TAYA	8-8:50am PILATES CHARLIE	6-7am BODYPUMP MARILU	8-8:50am PILATES CHARLIE	6-7am BODYPUMP MARILU		
8-8:50am MUSCLEWORKS CHARLIE	9-10am PRIME TIME TOM	8-8:50am YOGA CHARLIE	9-10am PRIME TIME TOM	8-8:50am PILATES JUDY	7:45-8:45am ZUMBA JANET	
9-10am PILATES JANE	10:15-11:15am BODYPUMP JANET	9-10am BODYPUMP JANET	10:15-11:15am BODYPUMP LARA	9-10am MUSCLEWORKS BARBARA	9-10am BODYPUMP LARA	
10:15-11:15am YOGA ROTATION	11:30am-12:30pm DANCE TRANCE SARA	10:15-11:15am ZUMBA JANET	11:30am-12:30pm DANCE TRANCE SARA	10:15-11:15am YOGA ROSEMARY	10:15-11:15am BODYCOMBAT LARA	10:15-11:15am BODYCOMBAT LARA
1-2pm SIT-N-FIT TOM	5:15-6pm BODYCOMBAT CHARLIE	11:30am-12:30pm GENTLE YOGA JACQUELINE	5:15-6pm BODYCOMBAT LARA	1-2pm SIT-N-FIT TOM	11:15am-12pm BODYATTACK LARA	11:15am-12:15pm BODYPUMP LARA
5:15-6:15pm BODYPUMP JANET	6:05-6:35pm MUSCLEWORKS CHARLIE	1-2pm SIT-N-FIT TOM	5:15-6pm BODYCOMBAT LARA	5:15-6:00pm BODYPUMP LARA		12:30-1:30pm STEP & SCULPT CAROLYN
6:30-7:30pm ZUMBA KRISTEN	6:40-7:10pm HARD CORE CHARLIE	5:15-6:15pm BODYPUMP KIM	6:05-6:35pm MUSCLEWORKS CHARLIE	6:15-6:45pm GRIT LARA		
		6:30-7:30pm ZUMBA KRISTEN	6:40-7:10pm HARD CORE CHARLIE			



## STUDIO A CLASS DESCRIPTIONS:

## PALMER RANCH

**BODYATTACK** is a full-body workout that burns calories while toning & shaping as you combine athletic aerobic movements with strength & stabilization exercises. These sports-inspired moves will build stamina and improve coordination and agility.

**BODYCOMBAT** lets you punch and kick your way to better fitness in a high-energy, martial-arts-inspired workout that is completely non-contact. It's an intense and motivating workout that will help you release stress, have a blast, and feel like a champ!

**BODYPUMP** is THE ORIGINAL BARBELL CLASS and is ideal for anyone looking to get lean, toned, and fit... fast! Using light to moderate weight and high repetitions, you will get a total body workout. You'll leave this class feeling challenged, motivated, & ready to come back for more!

**Dance Trance** delivers a raucous, high energy dance experience. It encompasses many dance styles and moves, from the traditional to the latest in the clubs, and is never, ever boring. It incorporates the freshest music on the charts, as well as classic favorites we all know and love. This class features choreographed routines without instruction, but all levels are welcome as long as you keep moving!

**Gentle Yoga** provides a compassionate and non-competitive environment perfect for relaxing while focusing on movement, breath and repetition.

**Hard Core** delivers maximum results by targeting abs, obliques, and glutes in a challenging and exhilarating 30-minute class.

**LES MILLS GRIT** is a series of 30-minute HIIT workouts that deliver incredible fitness results, FAST. They are designed to challenge you by pushing you to give maximum effort in short intervals of work. With three distinct modalities, GRIT will drive you to reach results you've never seen before.

**MuscleWorks** provides an invigorating fitness experience that will improve strength and endurance in a 45 or 60-minute class that utilizes a wide range of resistance, isometric and cardio exercises.

**Pilates** places an emphasis on challenging your core to balance your strength and flexibility, sculpt your body, and to improve your agility in everyday movements.

**Prime Time** combines resistance training and cardiovascular exercise in a challenging low-impact class that is perfect for active seniors and beginners!

**Step & Sculpt** uses a STEP and handheld weights to create an upbeat class that infuses aerobic exercise with light strength training.

**Sit-n-Fit** gently improves endurance, strength, flexibility and functional movements from a seated position.

**Yoga** helps you find inner calmness and peace by synchronizing breath and movement to produce internal heat, reduce stress, and increase stamina, strength, and flexibility.

**Zumba** combines Latin and International music with a range of dance moves performed in varying intervals to improve your cardiovascular fitness... and FUN!