



**PTO FITNESS
CENTER**

GROUP EXERCISE SCHEDULE September 2023

TIME	MON	TUES	WED	THUR	FRI	SAT
6 AM	CYCLE 45 min Chris J		BOOT CAMP 45 min Katie	SUNRISE YOGA 45 min Kathryn	CYCLE 6:15 - 7am Audra	
7 AM		FLOW YOGA 45min Jo				CYCLE 8:30am - 9:15am Dolcie / Solomon
9 AM	BOOT CAMP 1 hour Jamaal		BOOT CAMP 45 min Adrian	AMPED 1 hour Megan		BOOTCAMP 9:15-10:15am Megan / David
11 AM			PILATES BARRE 30 min Dolcie	FLOW YOGA 45 min Ashley		ZUMBA 10:30-11:15am Chris
12 PM	CORE TRAINING 30 min Mindy	CORE TRAINING 30 min Mindy	CORE & MORE 45 min Eddie			
		FLOW YOGA 12:45 - 1:45pm Catha			BOOT CAMP 12:30 -1 pm Eddie	
3 PM	FLOW YOGA 1 hour Holly			GENTLE YOGA 1 hour Catha	BRAZILIAN JIU JITSU 90 min Mike	
4 PM	BANG 30 min Holly	STEP EXPRESS 45 min Mindy	BALLROOM BASICS 1 hour Michael	BOOT CAMP 45 min Frank	CYCLE & ABS 45 min Dolcie	
5 PM		YOGA HIIT 30 min Ashley	DSE 45 min Michael	BANG 45 min Dolcie	ZUMBA 45 min Hai	
6 PM	FLOW YOGA 1 hour Kelly	MAT PILATES 45 min Katie M		FLOW YOGA 1 hour Jennifer		

**WEST
STUDIO**

**EAST
STUDIO**

**VIRTUAL
CLASSES**

GROUP EXERCISE CLASS DESCRIPTIONS



<p>AMPED</p> <p>A heart-pounding, muscle-pumping, sweat-pouring, total body workout using dumbbells, resistance bands and other equipment. Full body conditioning with a mix of strength and cardio intervals for a stronger and fitter you.</p>	 <p>A dance fitness fusion class blending cardio HIIT intervals with boxing and dance to variety of rhythms (from hip hop to reggaeton) for a fun and challenging workout!</p>	<p>BALLROOM BASICS</p> <p>Discover the elegance of ballroom dance in this intro level class. Perfect for beginners or those looking to refresh their skills, learn dance styles including the Tango, Cha-cha, and Salsa.</p>	<p>BOOTCAMP</p> <p>A total body workout using functional movement sequences, this class fuses heart-racing cardio with muscle-strengthening exercises to push your limits and elevate your overall fitness level.</p>	
<p>BRAZILIAN JIU JITSU</p> <p>Master ground based combat that Form the foundation of Brazilian Jiu Jitsu. This martial arts class will strengthen mind and body as you elevate physical conditioning, strength and flexibility</p>	<p>CORE & MORE</p> <p>This is not your average abs class. Increase your functional strength for everyday tasks with exercises designed to both firm, strengthen, and tone your core, while also aiding in injury prevention.</p>	<p>CORE TRAINING</p> <p>Enhance balance, prevent injuries, and elevate your performance in various activities while developing strength, stability, and endurance in the core-supporting muscles.</p>	<p>CYCLE</p> <p>Prepare to break a sweat and power up your lower body in this invigorating class, conquering hills and sprinting, all to the beat of your favorite tunes. Get ready to pedal your way to new heights of fitness and excitement!</p>	<p>CYCLE & ABS</p> <p>Rev up your fitness routine This class combines the intensity of indoor cycling with targeted abdominal exercises, providing a complete workout that trains both cardio endurance and core strength.</p>
 <p>DANCESPORT ENDURANCE®</p> <p>A rigorous workout blending movements from the world's most popular Ballroom and Latin dances. This fun fitness routine improves rhythm, strength, flexibility, and coordination!</p>	<p>FLOW YOGA</p> <p>This style of yoga combines creative flowing (asana) sequences and a strong focus on the power of breath awareness. with rhythmic breathing (pranayama) for an energizing yet relaxing mind-body workout. All levels welcome.</p>	<p>GENTLE YOGA</p> <p>Escape daily stresses and rejuvenate your body through gentle movements, soothing breathwork, and mindful meditation. Experience the benefits of increased flexibility, improved posture, reduced stress, and a greater sense of overall well-being.</p>	<p>MAT PILATES</p> <p>Based on the works of Joseph Pilates, this class strengthens core abdominal muscles while opening joints and releasing tension, using strengthening and lengthening movements like planks, side planks, and core.</p>	<p>PILATES BARRE</p> <p>This low impact, high energy dynamic fusion of Pilates and ballet-inspired exercises will tone, strengthen, and lengthen your muscles. Sculpt a lean, graceful and confident physique while improving your posture and balance!</p>
<p>STEP EXPRESS</p> <p>A high energy class that uses raised step benches with moderate choreography to increase cardiovascular fitness. You'll build athletic fitness as you sweat through simple progressions. Appropriate for all fitness levels.</p>	<p>SUNRISE YOGA</p> <p>Awaken your mind and body with this active yoga practice. Cultivate mindfulness through continuous movement linked with breath. Prepare for the day ahead with strength, flexibility, more energy and a positive attitude!</p>	<p>YOGA HIIT</p> <p>This unique blend of yoga and high-intensity interval training (HIIT) combines the serenity of yoga with the dynamic energy of interval workouts. Move through HIIT yoga sequences, building your mind body connection and cardio endurance.</p>	 <p>Ditch the workout and join the party! Exercise can be really fun! This dance workout features aerobic and fitness interval training with a combination of slow and fast international rhythms.</p>	<p>Take class on your own schedule with our ON DEMAND library of fitness classes you can enjoy anytime!</p> <p>Visit www.ptofitness.org for details about our LIVESTREAM CLASSES</p>