

GROUP EXERCISE SCHEDULE

JANUARY 2024

effective January 2nd

TIME	MON	TUES	WED	THUR	FRI	SAT
7 AM		FLOW YOGA 45min Jo				
9 AM	BOOT CAMP 1 hour Jamaal		BOOT CAMP 45 min Adrian	AMPED 1 hour Megan		BOOTCAMP 9:30-10:15am Megan B.
11 AM			PILATES BARRE 30 min Dolcie	FLOW YOGA 45 min Ashley		
12 PM	CORE TRAINING 30 min Mindy	CORE TRAINING 30 min Mindy	CORE & MORE 45 min Eddie			PILATES REFORMER 45 min Dolcie Registration Required
		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	YANG 30 min Holly	BALLROOM BASICS 1 hour Michael	STEP EXPRESS 45 min Mindy	BOOT CAMP 45 min Frank	CYCLE EXPRESS 45 min Megan H.	
5 PM		DSE 45 min Michael	YOGA HIIT 30 min Ashley	BARRE 45 min Dolcie	POWER YOGA 1 hour Kelly	ZUMBA 45 min Hai
6 PM			FLOW YOGA 1 hour Jennifer	PILATES REFORMER 45 min Katie Registration Required		




**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> BANG</p> <p>A dance fitness fusion class blending cardio HiT intervals with boxing and dance to variety of rhythms (from hip hop to reggaeton) for a fun and challenging workout!</p>	<p>BARRE</p> <p>Music-driven & ballet-inspired! This class uses a mix of today's hottest music. For all skill levels! Barre strikes just the right balance of grace & intensity. This class combines strength, balance and flexibility.</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 EXPRESS</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> 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>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>PILATES REFORMER</p> <p>Based on the works of Joseph Pilates, this group training session strengthens core abdominal muscles while opening joints and releasing tension, using the Pilates Reformer machine</p> <p>ADDITIONAL FEE IS REQUIRED</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>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> ZUMBA</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>