



**PTO FITNESS  
CENTER**

# GROUP EXERCISE SCHEDULE JULY 2024

effective July 1st

**WEST  
STUDIO**

**EAST  
STUDIO**

**VIRTUAL  
CLASSES**

TIME	MON	TUES	WED	THUR	FRI
<b>EARLY MORNING</b>		<b>FLOW YOGA</b> 7 - 7:45am Jo			
<b>MID MORNING</b>	<b>BOOT CAMP</b> 9 - 10am David		<b>BOOT CAMP</b> 9 - 9:45am Adrian	<b>TOTAL BODY CONDITIONING</b> 9 - 10am Megan	
		<b>CYCLE &amp; STRETCH</b> 9 - 10am Terri / David		<b>FLOW YOGA</b> 11 - 11:45am Ashley	
	<b>CORE TRAINING</b> 12 - 12:30pm Mindy	<b>CORE TRAINING</b> 12 - 12:30pm Mindy	<b>PILATES BARRE</b> 11 - 11:30am Dolcie		
<b>LUNCH TIME</b>		<b>FLOW YOGA</b> 12:45 - 1:45pm Catha	<b>CORE &amp; MORE</b> 12 - 12:45pm Eddie		<b>BOOT CAMP</b> 12:30 - 1:15 pm Eddie
	<b>FLOW YOGA</b> 2 - 2:55pm Holly				
<b>LATE AFTERNOON</b>	<b>DANG</b> 3 - 3:45pm Holly			<b>GENTLE YOGA</b> 3 - 3:55pm Catha	<b>BRAZILIAN JIU JITSU</b> 3 - 4:30pm Mike
		<b>BALLROOM BASICS</b> 4 - 4:55pm Michael	<b>STEP EXPRESS</b> 4 - 4:45pm Mindy	<b>BOOT CAMP</b> 4 - 4:45pm Crystal	<b>ZUMBA</b> 4 - 4:45pm Hai
	<b>DSE</b> 5 - 5:45pm Michael	<b>YOGA HIIT</b> 5 - 5:30pm Ashley	<b>BARRE</b> 5 - 5:45pm Dolcie	<b>POWER YOGA</b> 5 - 6pm Kelly	
<b>EVENING</b>		<b>PILATES REFORMER</b> 6 - 6:45pm Katie <a href="#">Registration Required</a>	<b>FLOW YOGA</b> 6 - 7pm Jennifer	<b>PILATES REFORMER</b> 6 - 6:45pm Katie <a href="#">Registration Required</a>	

# GROUP EXERCISE CLASS DESCRIPTIONS



Take class on your own schedule with our **ON DEMAND** library of fitness classes you can enjoy anytime!

Visit [www.ptofitness.org](http://www.ptofitness.org) for details about our **LIVESTREAM CLASSES**



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!

## BARRE

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.

## BALLROOM BASICS

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.

## BOOTCAMP

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.

## BRAZILIAN JIU JITSU

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

## CORE & MORE

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.

## CORE TRAINING

Enhance balance, prevent injuries, and elevate your performance in various activities while developing strength, stability, and endurance in the core-supporting muscles.

## CYCLE & STRETCH

Cardio + Recovery! This hour-long class will get your heart pumping & your muscles lengthened for a stronger, more balanced & functional body!

## CYCLE EXPRESS

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!



## DANCESPORT ENDURANCE®

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!

## FLOW YOGA

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.

## GENTLE YOGA

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.

## PILATES BARRE

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!

## PILATES REFORMER

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

**ADDITIONAL FEE IS REQUIRED**

## STEP EXPRESS

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.

## TOTAL BODY CONDITIONING

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.

## YOGA HIIT

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.



**ZUMBA**

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.