



**PTO FITNESS
CENTER**

GROUP EXERCISE SCHEDULE SEPTEMBER 2024

effective September 1st

**WEST
STUDIO**

**EAST
STUDIO**

**VIRTUAL
CLASSES**

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

GROUP EXERCISE CLASS DESCRIPTIONS



	<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>	 <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 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>CYCLE & STRETCH</p> <p>Cardio + Recovery! This hour-long class will get your heart pumping & your muscles lengthened for a stronger, more balanced & functional body!</p>	<p>PILATES STRENGTH & STRETCH</p> <p>This low impact, Pilates-inspired class 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>TOTAL BODY CONDITIONING</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>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>					