



**PTO FITNESS  
CENTER**

# GROUP EXERCISE SCHEDULE DECEMBER 2024

**WEST  
STUDIO**

**EAST  
STUDIO**

**VIRTUAL  
CLASSES**

Indicates a change to the schedule

effective December 1st

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

# GROUP EXERCISE CLASS DESCRIPTIONS



	<p>Take class on your own schedule with our <b>ON DEMAND</b> library of fitness classes you can enjoy anytime!</p> <p>Visit <a href="http://www.ptofitness.org">www.ptofitness.org</a> for details about our <b>LIVESTREAM CLASSES</b></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><b>BALLROOM BASICS</b></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><b>BOOTCAMP</b></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><b>BRAZILIAN JIU JITSU</b></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><b>CORE &amp; MORE</b></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><b>CORE TRAINING</b></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><b>CYCLE</b></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><b>DANCESPORT ENDURANCE®</b></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><b>FLOW YOGA</b></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><b>PILATES STRENGTH &amp; STRETCH</b></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><b>CYCLE &amp; STRETCH</b></p> <p>Cardio + Recovery! This hour-long class will get your heart pumping &amp; your muscles lengthened for a stronger, more balanced &amp; functional body!</p>	<p><b>PILATES REFORMER</b></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><small>ADDITIONAL FEE IS REQUIRED</small></p>
<p><b>STEP EXPRESS</b></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><b>STRETCH &amp; RELAX</b></p> <p>An ideal class to complement strength &amp; cardio training, and enhance competitive sports. Includes stretching &amp; range of motion practices, inspired by physical therapy techniques &amp; gentle yoga movements. This is a great class to help manage stress!</p>	<p><b>TOTAL BODY CONDITIONING</b></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><b>YOGA HIIT</b></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><a href="http://www.ptofitness.org">www.ptofitness.org</a></p>	<p>(571) 272-0250</p>	<p></p> <p><b>ZUMBA®</b></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><a href="mailto:mindy.green@hfit.com">mindy.green@hfit.com</a></p>		