



**PTO FITNESS  
CENTER**

# GROUP EXERCISE SCHEDULE NOVEMBER 2025

**WEST  
STUDIO**

**EAST  
STUDIO**

effective November 3rd

| TIME                  | MON                                             | TUES                                                                                                                    | WED                                              | THUR                                                                                    | FRI                                                                                                                     |
|-----------------------|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>EARLY MORNING</b>  |                                                 | <b>MORNING POWER FLOW</b><br>7 - 7:45am<br>Jo                                                                           |                                                  |                                                                                         |                                                                                                                         |
| <b>MID MORNING</b>    | <b>BOOT CAMP</b><br>9 - 10am<br>David           |                                                                                                                         | <b>BOOT CAMP</b><br>9 - 10am<br>Adrian           | <b>TOTAL BODY CONDITIONING</b><br>9 - 10am<br>Megan                                     | <b>ALL LEVELS FLOW YOGA</b><br>9 - 9:45am<br>Kathryn                                                                    |
| <b>LUNCH TIME</b>     | <b>CORE TRAINING *</b><br>12 - 12:30pm<br>Mindy | <b>CORE TRAINING</b><br>12 - 12:30pm<br>Mindy                                                                           | <b>CORE &amp; MORE*</b><br>12 - 12:45pm<br>Eddie | <b>CORE-STRETCH FUSION*</b><br>12 - 12:45pm<br>Ashley                                   | <b>BOOT CAMP</b><br>12:30 - 1:15 pm<br>Eddie                                                                            |
| <b>LATE AFTERNOON</b> | <b>FLOW YOGA</b><br>2 - 2:55pm<br>Holly         |                                                                                                                         |                                                  |                                                                                         |                                                                                                                         |
|                       | <b>YANG</b><br>3 - 3:45pm<br>Holly              |                                                                                                                         |                                                  |                                                                                         |                                                                                                                         |
|                       |                                                 | <b>BALLROOM BASICS</b><br>4 - 4:55pm<br>Michael                                                                         | <b>STEP EXPRESS</b><br>4 - 4:45pm<br>Mindy       | <b>BOOT CAMP</b><br>4 - 4:45pm<br>Crystal                                               |  <b>ZUMBA</b><br>4 - 4:45pm<br>Hai |
| <b>EVENING</b>        | <b>CYCLE</b><br>5:15 - 6pm<br>Terri             |  <b>DSE</b><br>5 - 5:45pm<br>Michael |                                                  | <b>ALL LEVELS FLOW YOGA</b><br>5 - 6pm<br>Jennifer                                      | <b>PTO POWER UP</b><br>5:15 - 5:45pm<br>Mindy                                                                           |
|                       |                                                 | <b>PILATES REFORMER</b><br>6 - 6:45pm<br>Katie<br><a href="#">Registration Required</a>                                 |                                                  | <b>PILATES REFORMER</b><br>6 - 6:45pm<br>Katie<br><a href="#">Registration Required</a> |                                                                                                                         |



# GROUP EXERCISE CLASS DESCRIPTIONS

## \* Hybrid Class

These classes are live-streamed to our virtual members

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

[ptofitness.org](http://ptofitness.org)

## ALL LEVELS FLOW YOGA

This class links breath to movement, with options provided to support both beginners & experienced yogis. This is a well-rounded practice that will encourage you to get out of your comfort zone (which sometimes means slowing it down)!

## 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.



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!

## 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.

## 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-STRETCH FUSION \*

Designed to strengthen & lengthen your entire body, this accessible practice combines Pilates-inspired core conditioning with yoga-inspired stretches.

## 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

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!

## CYCLE & STRETCH

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



## 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 for an energizing yet relaxing mind-body workout. All levels welcome.

## MIDDAY YOGA FLOW

An all levels yoga flow class that targets areas that take the brunt of sitting at a desk, such as hips, shoulders, and lower back. Class ends with a relaxing savasana to set the tone for the rest of your day.

## MORNING POWER FLOW

An invigorating morning yoga class that begins with warm-up stretches & sun salutations, building to a vinyasa flow - emphasizing movement to breath & posture alignment.

## 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

## PTO POWER UP

A 30-min, full-body, powerful workout for a busy schedule. Barbells, big moves, maximum impact.

## 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.



**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.