

Group Class Schedule - Fall 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit Cycle 5:45am (45min) Brandon	Strength & Conditioning 5:45am (45min) Jenny	Fit Cycle 5:45am (45min) Heidi		Fit Cycle 5:45am (45min) Elizabeth		
Stretch Class 7:30am (45min) Jenny	Fit Boxing 7:30am (45min) Jenny	Fit Circuits (Strength) 7:30am (45min) Steve	Just Weights 7:30am (45min) Jenny	Fit Circuits (Burn) 7:30am (45min) Steve		
Cardio Hip Hop 8:30am Jenny	Fit Cycle 30/20/10 8:30am Erica	Fit MMA 8:30am (45min) Joe Lang	Fit Boxing 8:30am (45min) Naomi	Barre 8:30am Erica	Fit Circuits 8:30am Erica	Power Yoga 8:30am (75min) Melissa
Fit Cycle 9:30am (45min) Elizabeth		Fit Cycle 8:30am (45min) Cathy	Fit Cycle 9:30am (45min) Nicole	Fit Cycle 9:30am (45min) Elizabeth	Fit Cycle 9:30am (45min) Rotating Instructors	Fit Cycle 30/20/10 9:30am Candice
Fit MMA 9:30am (45min) Joe Lang	Barre 9:30am Erica	Zumba 9:30am Naomi	Strength & Conditioning 9:30am Erica	Zumba 9:30am Jenny	Zumba 9:45am Naomi	Zumba 10:30am Sam
Vinyasa Yoga 10:30am Denise	Tabata Fit Cycle 9:45am (30min) Cathy Stretch Class 10:30am (45min) Jenny	Power Yoga 10:30am Janell	Stretch Class 10:30am (45min) Jenny			
*all classes 55 minutes unless otherwise noted. All levels welcome. Sign up on Mindbodyonline.com						
Pilates 4:45pm Nancy	Smart Bells 4:45pm (45min) Cathy	Pilates 4:45pm Nancy	Fit Circuits 4:45pm (45min) Jenny	Pilates 4:45pm Nancy		
Zumba 6:00pm (45min) Sam	Fit Boxing 5:45pm (45min) Naomi	Hip Hop 30/20/10 5:45pm Sam	Zumba 5:30pm (45min) Naomi	 <p style="text-align: right;">Fit Club Hours Mon-Thur 5:30am-9:00pm Fri 5:30am-8:00pm Sat-Sun 7:00am-2:00pm www.fitclubbridgefield.com</p>		
Fit Cycle 30/20/10 6:15pm Nicole	Fit Cycle 6:15pm (45min) Candis	Fit Cycle 30/20/10 6:15pm Erica	Zen Yoga 6:15pm Janell			

Class Descriptions

STRENGTH CONDITIONING

Strength Conditioning is a muscle building, toning and conditioning class focusing on basic weight training exercises. This is a great workout for every member, from the beginner to the intermediate! Varying types of equipment may be used to target all the major muscle groups!

PILATES

A combination of Pilates exercises using the barre, mats, and various props. Class will focus on strengthening and lengthening of the muscles using core strength, stability and balance.

ZUMBA

Zumba is a fitness program inspired by various rhythms and dancing styles. The routines feature fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body! You will dance to many different genres of music including reggae, ton, pop, hip-hop, salsa, merengue, cumbia, and more! This is a great aerobic workout where you are not focusing on the clock- you're too busy having a great time!

STRETCH

A 45 minute deep stretch class that targets the primary muscle groups. Various pieces of equipment are used such as bands, tubes, and foam rollers.

FIT BOXING

This class combines basic boxing fundamentals, plyometrics, agility work, and high intensity interval training to boost your heart rate and burn calories! There are boxing bags in the class, participants are encouraged to bring their own boxing gloves.

CARDIO HIP HOP

Cardio Hip Hop is a high energy, intense and efficient full body workout. The class uses varying combination of hip hop based dance moves to burn as many calories, and sweat as much as possible in the class time frame. Great energy and great fun!

HIP HOP 30/20/10

Hip Hop 30/20/10 is a great cross training class! 30 minutes of Hip Hop dance followed by 20 minutes of strength training and 10 minutes of abs and stretching. Cardio and weights! Great combination!

FIT BARRE

A fusion of ballet, Pilates and resistance training, blending dynamic movement with calorie-blasting cardio to target those trouble zones.

SMART BELLS

Smart Bells is a great core and overall total body sculpting class. It is low cardio and low impact focusing on balance using light to medium weights (smart bells.)

FIT CIRCUITS

A 45 minute high intensity workout that will challenge your strength, endurance and agility, in a circuit format.

JUST WEIGHTS

An all over toning class which increases strength, flexibility, and muscular definition. Varying types of equipment may be used in this class to target all the major muscle groups.

POWER YOGA

Is an "all levels" class that incorporates strength, flexibility, balance and cardio, while building physical and mental stamina.

ZEN YOGA

Yoga for the mind, body, spirit. Come and enjoy a slow and relaxing yoga class to renew, replenish and unwind. This candlelit class is for all levels.

VINYASA YOGA

Vinyasa is characterized by stringing postures together so that you move from one to another seamlessly using breath. It links movement and breath to attain balance in the mind and body. The class offers a variety of postures and is good for all levels of participants.

FIT CYCLE

45 minutes of an invigorating and energizing cardio workout that will have you reaching new goals in every class. Let one of our motivating instructors lead you on an hour long journey set to various genres of music, lights and cycling zones.

FIT CYCLE 30/20/10

Want a little bit of everything? This is the class for you! You will start out in our Fit Cycle Studio for a 30 minute cycle class and then transition into our Fit Studio for 20 minutes of strength and conditioning work and ending with 10 minutes of core work.

TABATA FIT CYCLE

A 30 minute high intensity spin class designed to increase your heart rate for short periods of time.

FIT MMA

Fit MMA is a group fitness program that combines high intensity interval training (HIIT) and functional fitness with the flair/theme of mixed martial arts. This class is effective at torching fat, building lean muscle and toning those pesky problem areas. Fit MMA caters to all levels of fitness as the program is based on time and not repetition. That means you go at your own pace as you continually strive to increase your limits!

Group Class Etiquette

Please...

- No cell phones in class
- No conversations during class
- Do not come sick
- Be mindful of your space
- Listen to the instructor and follow their cues
- Come 10-15 minutes early to make sure you are prepared