GROUP EXERCISE  
SUMMER SESSION II  
SCHEDULE / JULY 9 – AUGUST 15

**CLASS DESCRIPTIONS**

**BOOT CAMP** is a challenging workout that uses a variety of cardio, strength training, plyometrics, TABATA training, circuits, stations, calisthetics, and bodyweight exercises to create the ultimate total body workout.

**CYCLE** is the ultimate indoor cycle workout where you do intervals, climb hills, and sprint just like a real bike ride. Have fun with this intense workout that is sure to get your heart pumping and legs burning. All cycle classes are taught in our black light cycle studio - Spin City!

**VINYASA YOGA** is a beginner class that introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration.

**BODYPUMP™** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups one song at a time by using the best weight-room exercises like squats, presses, lifts and curls.

**PILATES** will help focus your mind and body. Classes focus on stretching and elongating your spine while strengthening your core. Build strength, flexibility, stability, balance, and coordination with mat series, stretching, and other exercises in this class!

**POP Pilates®** is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level like you’ve never seen before.

**BARRE** is a fusion of fitness and dance. This format uses ballet moves and other exercises to help you get a well-rounded toning workout! Check out a video here! Category: Strength + sculpting

**HIIT CYCLE** Instructors will lead you through this 30 minute high intensity spin interval training class under the black lights in Spin City! In this class you will sprint faster on a bike than you ever have before and will be dripping sweat from beginning till end.

**GRIT™** - The Les Mills GRIT™ Series is a fitness program that takes cutting edge High Intensity Interval Training (HIIT) and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder. GRIT™ sessions alternate between three different workouts - strength (using weights), plyo (jumping exercises), and cardio (body weight exercises).

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**MONDAY**

8:00-8:45am  **CYCLE**  
Alexa W. - Spin City

12:15-1:00pm  **BOOT CAMP**  
Sara B. - War Dance Room

12:15-1:15pm  **VINYASA YOGA**  
Amy E. - War Gymnastics Room

5:30-6:30pm  **BODYPUMP™**  
Shannon D. - Studio A

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**TUESDAY**

8:00-8:45am  **BARRE**  
Christine M. - War Dance Room

12:15-1:00pm  **BODYPUMP™ 45**  
Christine M. - War Dance Room

12:15-1:15pm  **YOGA FLOW**  
Alyssa G. - War Gymnastics Room

5:30-6:00pm  **HIIT CYCLE**  
Cammie H. - Spin City

6:15-6:45pm  **CXWORX**  
Shannon D. - Studio A

6:15-7:15pm  **YOGA**  
Christine M. - Studio B

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**WEDNESDAY**

8:00-8:45am  **CYCLE**  
Alexa W. - Spin City

12:15-1:00pm  **BOOT CAMP**  
Sara B. - War Dance Room

12:15-1:15pm  **PILATES**  
Becky E. - War Gymnastics Room

5:30-6:30pm  **BODYPUMP™**  
Shannon D. - Studio A

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**THURSDAY**

8:00-8:45am  **POP PILATES**  
Christine M. - War Dance Room

12:15-1:00pm  **BODYPUMP™ 45**  
Shannon D. - War Dance Room

12:15-1:15pm  **VINYASA YOGA**  
Catherine C. - War Gymnastics Room

5:30-6:00pm  **HIIT CYCLE**  
Cammie H. - Spin City

5:15-6:00pm  **GRIT**  
Christine M. - Studio A

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