

Town Place Fitness: Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-7am April 	5:30-6:15am Bilean 	6-7am Shannon 	5:30-6am Bilean 	6-7am Maria 	8:30-9:30am Gina 	8:30-9:30am Gina
	6:15-7am Roger 		6:05-7am Katelyn (Only 8/8) 			
11:45-12:30pm Janice 	11:45-12:30pm Gina 	11:45-12:30pm Roger 	11:30-12pm Roger 	11:45-12:30pm Katelyn/Kari 	11am-12pm Ashlee 	
12:30-1:15pm Roger 	12:30-1:15pm Kim 	12:30-1:15pm Janice 	12-12:45pm Kailey 	12:30-1:15pm Janice/Roger 		
			12:45-1:30pm Leigh Ann 			
4:45-5:30pm Ashlee 	5:15-6pm Ashlee 	4:45-5:45pm Ashlee 	5:15-6pm Ashlee 	5-5:30pm Gina 		
5:30-6pm Wendy 	6-6:45pm Leigh Ann 	5:45-6:45pm Wendy 	6-6:30pm Wendy 	5:30-6:30pm Gina 		
6-6:45pm Niki 	6:45-7:30pm Maria 	6:45-7:30pm Gina 	6:30-7:15pm Wendy 			
6:45-7:30pm Wendy 						

MIND/BODY STUDIO TEMPORARILY CLOSED

Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6am April 	5:30-6am Chrystal 	5:15-6am Niki 	5:30-6am Katelyn/Lee 	5:15-5:45am Chrystal 	9:30-10am Kari/James 	
6:15-7am Bilean 		6:05-7am Bilean 	6:05-6:35am Bilean 			
11:30am-12pm Niki 			11:30am-12pm Kari 		Happy Hour POP-UP SPRINT with James Fridays Upcoming Dates: 8/9	
12:15-1pm Cassie 	12:15-12:45pm Chrystal 	12:15-12:45pm Kari 	12:15-1pm Cassie 	12:15-1pm Caroline 		
5:45-6:15pm Chrystal 	5:30-6pm James 	5:30-6:30pm Cassie 	5:30-6pm Maria 			

Subject to change without notice - For more info about classes or how to become an Instructor, e-mail wkarem@townplacefitness.com

Town Place Fitness

Group Exercise Class Descriptions



BODYPUMP: The original barbell class...a revolutionary full-body resistance training class based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights, while performing high repetitions – this is the secret to developing lean, athletic muscle. BODYPUMP™ is great for EVERYONE!!!

BOOT CAMP: a tough class that will drill you into shape with intense bursts of cardio and strength training using a variety of equipment.



UNHITCHED: An innovative, mindfully intense class that uses a weighted body bar for both resistance work & center-balanced "barre" exercises along with 9" Pilates balls. It's an athletic approach using the most progressive techniques & cutting-edge choreography with the challenge of core stability & balance set to amazing music! It's "barre" only better!!



CXWORX: a 30-minute workout that focuses on the torso improving functional strength for balance, mobility and injury prevention.

CORE: a muscle strengthening class focusing on the midsection.



Using "Muscle Confusion", this class switches up from cardio to resistance training to core work and more!



STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.



a fun and effective Latin-style dance workout class for all fitness levels that's popular all over the world!!

INSANITY a cardio-based, total-body conditioning program that replaces moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest.



Barre Above™: Barre Above® fuses the best of pilates, yoga, aerobics, and elements of the strengthening exercises to deliver a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape!



BODYFLOW: class combining the best of Yoga, Tai Chi and Pilates that reinforces flexibility, strength and brings the mind and body into perfect harmony with a revolutionary, holistic approach to fitness!

YOGA: In Yoga, we link breath with movement in a practice of intent and attention, so that each pose can contribute to furthering your personal goals. This class includes standing, seated, lying down, and inverted poses. Multiple variations are available for every pose, in every class, from all levels, beginner to advanced.

Relax&Restore YOGA: Hatha Style - both energizing & relaxing, this class moves traditional ("Hatha") yoga with warm-ups, abdominal strengthening and poses to build strength and flexibility to music that enlivens the spirit and deepen the practice.



BODY COMBAT: an empowering cardio workout inspired by mixed martial arts.....you'll punch, strike and kata your way through calories to superior cardio fitness!

CYCLE: start pedaling and let go in this vigorous cycle class set on stationary bikes, perfect for any fitness enthusiast, recreational cyclist or serious racer. Cycle challenges beginners and seasoned cyclers on an aerobic and anaerobic level through the use of interval training.

sprint a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. You will build lean muscle, train your body to burn fat & burn calories for hours after the workout!

Class Schedule Is Subject To Change Without Notice

For more information regarding classes, please E-mail: wkarem@townplacefitness.com