

Group Fitness Summer Schedule 2019

Effective May 27 2019

Italics = Senior Friendly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Cycle Studio 5:15-6:10 Jill	H.I.I.T. FX Turf 5:30-6:10 Laurie	Cycle Cycle Studio 5:15-6:10 Jill	H.I.I.T. FX Turf 5:30-6:10 Laurie		

Fitness For Weightloss Fitness on Demand 8:30	Oula Group X Studio 9:30-10:25 Annie	Fitness For Weightloss Fitness on Demand 8:30	Oula Group X Studio 9:30-10:25 Annie		Yoga rotation 9:00am
Pickleball 9:30-12:30 Bill Hermon Tennis Courts	Pickleball 9:30-12:30 Bill Hermon Tennis Courts	Pickleball 9:30-12:30 Bill Hermon Tennis Courts	Pickleball 9:30-12:30 Bill Hermon Tennis Courts	Pickleball 9:30-12:30 Bill Hermon Tennis Courts	Pickleball 10:00-1:00 Bill Hermon Tennis Courts
	Cycle Cycle Studio 9:30-10:25 Vanessa	<i>Barre</i> Group X Studio 9:30-10:25 <i>Sophia</i>	Cycle Cycle Studio 9:30-10:25 Vanessa	Total Body Turf 9:30-10:25 Jenni H	
Yoga Strength Group X Studio 10:30-11:30 Jenni H	Yoga Group X Studio 10:30-11:30 <i>Bianca</i>	Yoga Group X Studio 10:30-11:30 <i>Ruth</i>	Yoga Group X Studio 10:30-11:30 <i>Bianca</i>	Yoga Rehab Group X Studio 10:30-11:30 Jenni H	
	<i>Longevity 101</i> Group X Studio 12:30-1:30 <i>Perk</i>		<i>Longevity 101</i> Group X Studio 12:30-1:30 <i>Perk</i>		

TRX Coming Soon!	30 Minute Abs Fitness on Demand 4:30pm		30 minute HIIT Fitness on Demand 4:30pm	Buti Yoga Coming This Fall!	
Total Body Turf 5:30-6:25 Sherry	Zumba Toning Group X Studio 5:30-6:25 Michelle	Total Body Turf 5:30-6:25 Sherry	Zumba Group X Studio 5:30-6:25 Michelle		
Yoga Fitness on Demand 6:30pm	Grizzly Fit Run Club 6pm	Barre Fitness on Demand 6:30pm			



CLASS DESCRIPTIONS

30 Min Abs: **[CORE]** Want a six pack? Get it here! Ab and stretch combo in less than 30 minutes. *This is a streaming class.*

30 Min HIIT: **[HIIT]** high intensity interval training is a full body strength and cardio workout intended to improve your athletic performance, endurance and drastically change your body in less than 30 minute. *This is a streaming class.*

Cycle **[CARDIO]** motivational music and routines formatted for stationary bikes that can burn up to 600 calories an hour.

Fitness For Weightloss **[STRENGTH, CARDIO]** a rotating class focusing on fat loss, utilizing everyday functional movements and primarily bodyweight exercises. *This is a streaming class.*

Grizzly Fit Run Club **[OUTDOOR RUNNING]** friends us on Facebook to stay in the loop!

H.I.I.T FX **[HIIT]** high intensity interval training is a full body strength and cardio workout intended to improve your athletic performance, endurance and drastically change your body.

Longevity 101 **[PILATES, YOGA]** a fusion of Pilates, yoga and sports mobility, this class aimed to create ultimate health and wellness, for all ages.

Oula **[DANCE]** a high energy, calorie burning, let-it-all-go kind of class set to a variety of Top 40 Hits. This is a fun one for kids too!

Total Body **[STRENGTH]** a high intensity class focusing on strength gains and body transformation. Best suited for those in good physical health and a familiarity with basic dumbbells exercises.

Yoga **[MOBILITY]** a comprehensive practice including challenging and recuperative poses in sequence with the breath that builds strength, mobility and attentiveness.

Yoga Rehab **[MOBILITY]** a restorative yoga utilizing props and gentles poses for muscle release.

Yoga Strength **[YOGA]** a beginner to intermediate class incorporating poses for strength and mobility.

Zumba **[DANCE]** workout with a distinct Latin dance vibe. Who knew burning calories could be so fun?

Zumba Toning **[DANCE, TONING]** the same party as Zumba, but with the added benefit of weighted toning sticks to help define those muscles.

What Is Streaming Fitness?

The MTA Fitness on Demand Studio hosts streaming fitness classes in a dedicated studio, open to all membership levels. There are over 300 classes to utilize!

Download the "Fitness on Demand" App to cast all the workouts anywhere in the facility.

Classes Are Subject To Change

