



# Grizzly Fit Group Exercise & Cycling Winter Schedule 2019/20

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Cycle 5:15-6:10 Jill	H.I.I.T. FX 5:30-6:15 Laurie	Cycle 5:15-6:10 Sophia	H.I.I.T. FX 5:30-6:15 Laurie	Cycle 5:15-6:10 Jill	Cycle 8:00-8:50 Rotating Instrc.
	Oula 9:30-10:25 Annie	Barre Body 9:30-10:25 Vanessa	Oula 9:30-10:25 Annie	Oula Power 9:30-10:25 Annie	Yoga 9:00-10:00 Paula
Pickleball 9:30-12:30 Mardene	Pickleball 9:30-12:30 Mardene	Pickleball 9:30-12:30 Mardene	Pickleball 9:30-12:30 Mardene	Pickleball 9:30-12:30 Mardene	
Total Body 9:30-10:15 Jenni	Cycle 9:30-10:25 Sophia		Cycle 9:30-10:25 Vanessa	Total Body 9:30-10:15 Jenni	Oula 10:00-11:00 Annie
Yoga Strength 10:30-11:30 Jenni	Yoga 10:30-11:30 Bianca	Yoga 10:30-11:30 Ruth	Yoga 10:30-11:30 Bianca	Yoga Rehab 10:30-11:30 Jenni	
	Longevity 101 12:00-1:00 Perk		Longevity 101 12:00-1:00 Perk	Restorative Health 12:00-1:00 Sophia	<b>Sunday</b> Joyous Hearts Yoga 4:30-5:45 Ruth
		Cycle 4:30-5:15 Dorys	Strong by Zumba HIIT 5:00-5:30		<b>This is a Free Community Class!</b>
	Zumba Toning 5:30-6:25 Michelle	Zumba 5:30-6:25 Dorys	Zumba 5:30-6:25 Michelle	<b>Dance Lessons With Georgie - FREE</b>	<b>Class Location Color Code:</b>
Total Body 5:30-6:25 Sherry	Cycle 5:30-6:25 Jill	Total Body 5:30-6:25 Sherry	Cycle 5:30-6:15 Sophia		<b>Cycling Studio Group Studio Turf/Track Courts</b>
Oula One 6:30-7:30 Annie	Yoga 6:30-7:25 Jill		Buti Yoga 6:30-7:25 Sophia		

# Class Descriptions

**Cycle** (Cardio, Strength) Pedal away to motivating music and challenging routines formatted for a stationary bike that can burn up to 500 calories in one hour!

**H.I.I.T.FX** (Cardio, Strength) High intensity interval training is a full body strength and cardio workout intended to improve your athletic performance, endurance and drastically change your body.

**Restorative Health** Brought to you by Algone Health and Wellness Centers, this class combines education and training to help you live your best life.

**Oula** (Cardio, Dance) A high energy, calorie burning, let it all go kind of class. The music will not only inspire you but it will have you moving, laughing and feeling better than ever before. This is a fun one to try with the kids too!

**Oula Power** (Cardio, Strength, Dance) A strength and toning class that combines HIIT, pilates, and dance conditioning (no equipment needed), Oula-Power combines challenging movements and motivating music to leave you feel empowered and ready to take on the world!

**Oula One Yoga** (Dance, Stretch) A gentle yet energizing combination of yoga flow and pilates that is choreographed to beautiful music. This class is designed to leave you feeling centered and re-connected to your body, breath, and heart.

**Zumba** (Dance, Cardio) Workout with a distinct Latin dance vibe. Burning calories is a lot of fun when you're dancing to these fun beats!

**Zumba Toning** (Dance, Cardio, Strength) The same fun party as Zumba, but with the added benefit of weighted toning sticks to help define those muscles.

**Strong by Zumba HIIT** With this workout you'll feel like you've flexed every muscle in your body." STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music.

**Total Body** (Cardio, Strength) A high intensity class focusing on strength gains and body transformation through varied timing methods and circuit based workouts on the track to create challenging and fun workouts to take your fitness level as far as you're willing to go.

**Barre Body** (Strength, Mobility) A low impact, high intensity workout that incorporates elements of Pilates, yoga, strength training and ballet to chisel and tone your body like never before.

**Longevity 101** (Strength, Flexibility) A fusion of Pilates, yoga and sports mobility aimed to create the ultimate health and wellness practice. This class is ideal for our Senior Grizzly Fit Members.

**Yoga** (Mobility, Stretch) A slow and gentle class that includes both challenging and restorative poses in sequence with the breath allowing you to build strength, mobility, flexibility and focus.

**Yoga Rehab** (Mobility, Stretch) This class is intended to give focus to the areas of the body where tension, stress and trauma tend to be held. Taking a healing approach this class utilizes yoga props and restorative poses to release, relax and begin to restore the body.

**Yoga Strength** (Strength, Stretch, Mobility) Traditional yoga poses set in a sequence intended to challenge your body. This class is suited for those both old and new to yoga. Find your strength, balance and focus.

**Buti Yoga** (Strength, Stretch, Mobility) An all in one movement practice, infusing intense cardio bursts, deep core conditioning and vinyasa-style yoga flows. Its time to sweat with intention!

**Joyous Heart Yoga** (Stretch, Mobility & Meditation) A YogaFaith non-profit ministry created for worship with our whole body, mind and spirit. Christian music and scripture are used to unite meditating on the Word, and worshipping through body movements.