

Grizzly Family Fitness Group Exercise Schedule

Fall Schedule begins September 8th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am H.I.I.T Laurie	5:30am Cycle Jill	5:30am H.I.I.T Laurie	5:30am Cycle Jill		
9:30am *Total Body Dorys	9:30am *HIGH Fitness Vanessa	8:30am *Total Body Lift Vanessa 9:30am Cycle Vanessa	9:30am *HIGH Fitness Lindsey	9:30am *Barre Sculpt Lindsey	9:00am Yoga Paula	
10:30am *Zumba Dorys	10:30am Yoga Jennifer (starting 9/22)	10:30am Yoga Ruth	10:30am Hot Yoga Jennifer (starting 9/24)	10:30am **Joyous Heart Yoga Ruth	10:00am **Total Body Shred Brody	
9:30am- 12:30pm *Pickleball Mardene	9:30am- 12:30pm *Pickleball Mardene	9:30am- 12:30pm *Pickleball Mardene	9:30am- 12:30pm *Pickleball Mardene	9:30am- 12:30pm *Pickleball Mardene		
	12:00pm Total Body Basics Mardene		12:00pm Total Body Basics Mardene			
5:30pm Total Body Sherry 5:30pm *HIGH Fitness Lindsey	5:00pm 30min *Barre Sculpt Michelle 5:30pm *Zumba Michelle	5:30pm Total Body Sherry 5:30pm *Cardio Kickboxing Dorys	5:30pm *Zumba Michelle			4:00 pm **Veterans Yoga Project Erica (starting 10/4)
6:30pm Yoga Jennifer (starting 9/21)		6:30pm Cycle Dorys				

Must be 14yrs or older to attend Group Fitness Classes

* Classes welcome youth 7yrs of age and older if a parent is present

** Classes are free and open to any community member

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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 (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.

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.

Total Body Lift (Strength) A complete 45min total body workout focusing on weight lifting. You will notice gains with increasing weights, reps and sculpted muscles. This workout will be minimal to no cardio.

Total Body Basics (Strength, Functional Mobility) A fusion of Pilates, yoga and sports mobility aimed to create the ultimate health and wellness practice. This low impact class is ideal for those new to exercise, those returning to exercise, seniors and those with health limitations.

Total Body Shred (Cardio, Strength, Olympic lifting) This class will combine CrossFit moves, Olympic lifting along with a typical total body workout. It will be challenging, high intensive and scalable for all fitness levels. Many options for modifications will be shown. This class is free and open to any community member.

HIGH Fitness (Cardio, Strength) Aerobics is back, bigger, better, and HIGHER than ever. HIGH is simple, intense, consistent, and FUN. It takes the old school aerobics up to the next level with modern fitness techniques. These choreographed cardio routines will have you addicted and coming back for more.

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

Jovous Heart Yoga (Stretch, Mobility & Meditation) A Yoga Faith 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. This class is free and open to any community member.

Hot Yoga Flow (Mobility, Stretch) Move and sweat in this dynamic yoga class! 90 degrees, 55 minutes and 100% fun!

Veterans Yoga Project (Mobility, Stretch, Breathwork) Start off with a breathing and centering practice, followed by a gentle flow. Modifications are offered and encouraged. This free class is open to all Veterans, active duty and reserve, and military families

Pickleball (Mobility, Cardio & Game) Come join us in playing the fastest growing sport in the nation! A cross between badminton, ping pong and tennis; some say its like playing ping pong on the floor! All ages and skills are welcome. We will teach you how to play and we have paddles to loan.

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

Barre Sculpt (Strength, Mobility, Cardio) A low impact, but challenging workout that incorporates elements of Pilates, yoga, strength training and ballet to increase strength, balance and flexibility. It will chisel and tone your body like never before.

Cardio Kickboxing (Dance, Cardio) A high energy workout that combines martial arts techniques with fast paced cardio moves. You will burn the calories as you build muscle in this fun but challenging workout!