

Grizzly Family Fitness Group Exercise Schedule

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 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.
- **Joyous 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!
- **Gentle Yoga** (Mobility, Stretch) Let the stress melt away, stretch tight muscles and stabilize joints. Props utilized for comfort and support.
- **Slow Stretch Yoga** (Mobility, Stretch) Let your muscles relax and release through a slow yoga flow utilizing myofascial rollers, massage balls and lengthened stretching. Props will be utilized for comfort and support.
- **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!
- **Zumba for Special Needs** (Dance, Cardio) A slower paced cardio dance class for everybody. Can be used as a starter class with all ages and all abilities welcome!
- **Oula** (Dance, Cardio) This class is a high energy, easy to learn, fun calorie burning workout. Join us as we dance off the calories.
- **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.
- **Couch to 5K-** (Cardio, Strength) A beginner class designed to help you learn how to run and train for a 5K race, no prior running experienced required. You will learn proper form and technique to help you stay injury free as you exercise through strength training and running drills.
- **Runners High** (Cardio, Strength, Conditioning) Beginner to advanced strength, conditioning, balance training for runners looking to progress their speed and distance while learning how to stay injury free. Train for your next event whether its one mile or one hundred.

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Winter Schedule starting 1/4/21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30am H.I.I.T Laurie	5:15am Cycle Jill	5:30am H.I.I.T Laurie	5:15am Cycle Jill	
	9:30am *Total Body Amanda	9:30am *HIGH Fitness Vanessa	9:30am Cycle Vanessa	9:30am *HIGH Fitness Lindsey	9:30am Total Body Shred Brody	9:00 Yoga Paula
			9:30am Oula Candace		9:30am *Barre Sculpt Lindsey	
	10:30am Slow Stretch Yoga Erica	10:30am Yoga Jennifer	10:30am Yoga Ruth	10:30am Hot Yoga Jennifer	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	
			2:00pm *Zumba for Special Needs Dorys			
4:00 pm **Veterans Yoga Project Erica	5:30pm Total Body Sherry	5:30pm * H.I.I.T Kate	5:30pm Total Body Sherry	5:30pm *Oula Candace		
	5:30pm *HIGH Fitness Lindsey	5:30pm *Zumba Michelle	5:30 pm *Barre Sculpt Erica			
	6:30pm Gentle Yoga Jennifer	6:30pm *Couch to 5K Kate	6:30pm Slow Stretch Yoga Erica	6:30pm *Runners High Nikki		
		7:30pm Hot Yoga Jennifer	7:30pm Yoga Jennifer	7:30pm Hot Yoga Jennifer		

All classes are open to members 14yrs. And up

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

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