

Grizzly Group Fitness Classes

Fall/Winter Schedule 9/7/21-12/31/21

Class Descriptions

- **Cycle-** (Cardio, Strength) This class is formatted to a stationary bike. Come pedal away to motivating music and challenging routines that include sprints, hills and jumps.
- **HIIT Fit-** (Strength, Cardio) This class incorporates high, intensity, interval, training with limited cardio bursts and mainly strength moves. It consists of fast paced exercises repeated at different timed intervals the amount effort given; hard, harder and hardest efforts.
- **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.
- **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, highly intensive and scalable for all fitness levels. Many options for modifications will be shown.
- **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!
- **Yoga Stretch-** (Stretch, Mobility & Meditation) A gentle, slow paced yoga flow that focuses in holding restorative poses. This class will have you feeling relaxed and restored!
- **Pilates-** (Mobility, Tone) A controlled low impact class that includes both challenging endurance movements and strength training. It emphasizes muscle balance, core strength and proper posture alignment.
- **Pilates Plus-** (Mobility, Tone, stretch) This class is 45mins of Pilates style class followed by 30mins of gentle yoga.
- **Hip Hop Fitness-** (Dance, Cardio) A fun, choreographed, Hip Hop dance class with moves that are scalable for every fitness level. Come dance your way into fitness with this high energy class!
- **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 it's 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.
- **HIIT & Run-** (Cardio, Strength, Conditioning) A high intensity interval strength training workout that also incorporates running exercises to get you conditioned to increase your running stamina.
- **Body Burn-** (Cardio, Strength, Conditioning) A high intensity weight bearing resistance training that incorporates all major muscle groups. Be amazed to see how the high reps lead each week to increase your muscular endurance while building lean muscle and strength.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am Cycle Jill		5:15am Cycle Jill			
		8:30am HIIT Fit Vanessa			8:30am Body Shred Brody
9:30am Total Body Amanda	9:30am HIGH Fitness Vanessa	9:30am Cycle Vanessa 9:30am Barre Sculpt Lindsey	9:30am HIGH Fitness Lindsey	9:30am Oula Candace 9:30am Body Shred Brody	9:30am Yoga Paula
	10:30am Yoga Jennifer	10:30am Yoga Ruth	10:30am Pilates Plus Jennifer	10:45am *Joyous Heart Yoga Ruth	
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	
				3:00pm Zumba for Special Needs Dorys	
	5:30pm Total Body Sherry 5:30pm Zumba Michelle	5:30pm Barre Sculpt Michelle	5:30pm Total Body Sherry 5:30pm Hip Hop Fitness Christine	5:30pm Body Burn Dorys	
6:30pm HIGH Fitness Micah	6:30pm HIIT & Run Nikki 6:30pm Pilates Jennifer		6:30pm HIIT & Run Nikki		
7:30pm Yoga Stretch Paula	7:30pm Hot Yoga Flow Jennifer	7:30pm Yoga Jennifer			

Grizzly Group Fitness classes are open to all gym members 14yrs and older who have group fitness as part of their membership.

*This class is free to anyone in the community