



# GROUP FITNESS

## FALL SCHEDULE

### MONDAY

Bootcamp*	5:30 AM	Cameron	Group Fitness Room
Yoga	8:30 AM	Liz	Group Fitness Room
Cardio Muscle	4:30 PM	Hope	Group Fitness Room
Yoga	6:00 PM	Kendra	Group Fitness Room

### TUESDAY

Spin & Pump	5:45 AM	Mona	Spin Room
Circuit Training	9:00 AM	Bernie	Main Gym
Pilates Mat	9:45 AM	Bernie	Group Fitness Room
High Fitness	5:30 PM	Chelsie	Group Fitness Room
Aqua Fitness	5:30 PM	Liz	Lap Pool

### WEDNESDAY

Bootcamp*	5:30 AM	Bernie	Group Fitness Room
Yoga	8:30 AM	Liz	Group Fitness Room
Beginning Yoga	9:45 AM	Liz	Group Fitness Room
Yoga	6:00 PM	Robin	Group Fitness Room

### THURSDAY

Spin & Core	5:45 AM	Liz	Spin Room
High Fitness	9:00 AM	Shannon	Group Fitness Room
20-20-20	9:00 AM	Bernie	Spin Room
Body Blast	4:30 PM	Hope	Group Fitness Room
Aqua Fitness	5:30 PM	Liz	Lap Pool

### FRIDAY

Bootcamp*	5:30 AM	Cameron	Group Fitness Room
Yoga	8:30 AM	Joanne	Group Fitness Room
Zumba	9:30 AM	Eleanor	Group Fitness Room

### SATURDAY

Ballet Fit	9:30 AM	Hope	Group Fitness Room
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## **20-20-20**

Meet in the main gym for 20 minutes of circuit weight training. Follow this with 20 minutes of indoor cycling in the spin room and then 20 minutes of bands and core work!

## **Aqua Fitness**

A low-impact, medium-to-high intensity workout with plenty of modifications for all levels. Tone muscles, increase flexibility and endurance. Yes, we get our heart-rate up!

## **Ballet Fit**

Blending strength training with ballet-inspired movement. Improve balance, flexibility, core strength and muscle endurance. All levels; modifications offered.

## **Body Blast**

A full body workout – a combination of cardio, muscle-sculpting, balance, core strengthening and more!

## **Boot Camp**

Mix traditional calisthenics and body weight exercises with interval training and strength training – the group will push you harder than you would yourself. Get Fit at Fig!! *\*This class has a \$10.00 fee or bring a friend for \$5.00 each.*

## **Cardio Muscle**

Get your body moving with intervals of cardio work and muscle sculpting.

## **Circuit Training**

Learn to use the weight equipment in the main gym with this fun, quick-paced, timed workout.

## **High Fitness**

Old school aerobics are transformed into a highly addictive, new fitness experience. Simple, modern fitness moves combined with the music you know and love.

## **Pilates (Mat)**

Balance all the muscle groups with strength and flexibility with an emphasis on challenging the core with each movement. A safe way to sculpt your body and increase agility.

## **Spin & Pump | Spin & Core**

An energetic 45-minute indoor cycling class mixing interval drills and endurance training. Stay for 10 minutes of arm-focused (with hand weights) and/or ab-focused body sculpting with cool-down stretching.

## **Tabata**

High intensity interval training (HIIT) designed to get your heart rate up in an anaerobic zone for short periods of time followed with rest. A fast-paced, fun workout that burns tons of calories.

## **Yoga**

Vinyasa flow style of yoga synchronizing movement with breath. Strengthen the body, reduce stress and tension; promotes flexibility, muscle tone, and relaxation. All levels encourage; modifications offered.

## **Zumba**

This fitness program combines Latin and International music with dance moves. Zumba incorporates fast and slow rhythms and resistance training.

# **PERSONAL TRAINER, Cameron Scharnick, CPT**

USA Weightlifting Certified, Metabolic Analytics Certified. Advanced Program Design Certified

Cell: (559) 696-5544, Email: cameron\_scharnick@yahoo.com