



# GROUP FITNESS

## FALL 2019 SCHEDULE

### MONDAY

Bootcamp <i>(Begins 9/9)</i>	5:30 AM	Cameron	Group Fitness Room
Yoga	8:30 AM	Liz	Group Fitness Room
Ballet Fit/Cardio/Core <i>(Begins 9/9)</i>	5:00 PM	Hope	Group Fitness Room
Yoga	6:00 PM	Robin	Group Fitness Room

### TUESDAY

Spin & Pump	5:45 AM	Mona	Spin Room
Tabata	9:00 AM	Bernie	Main Gym
Pilates Mat	9:45 AM	Bernie	Group Fitness Room
Aqua Fitness	5:30 PM	Liz	Lap Pool
High Fitness <i>(Begins 9/3)</i>	5:30 PM	Pablo	Group Fitness Room

### WEDNESDAY

Tabata	5:30 AM	Bernie	Group Fitness Room
Yoga	8:30 AM	Liz	Group Fitness Room
Beginning Yoga	9:45 AM	Liz	Group Fitness Room

### THURSDAY

Spin & Core	5:45 AM	Liz	Spin Room
High Fitness	9:00 AM	Shannon	Group Fitness Room
Cycle Circuit	9:00 AM	Bernie	Main Gym/Spin/GFR
Beginning Circuit Training	10:00 AM	Hope	Main Gym / GFR
Aqua Fitness	5:30 PM	Liz	Lap Pool

### FRIDAY

Yoga	8:30 AM	Joanne	Group Fitness Room
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### SATURDAY

Ballet Fit	9:30 AM	Hope	Group Fitness Room
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### PERSONAL TRAINING

#### CAMERON SCHARNICK, CPT

USA Weightlifting Certified  
 Metabolic Analytics Certified  
 Advanced Program Design Certified  
 Contact Directly:  
 (559) 696-5544 or cameron\_scharnick@yahoo.com

#### HOPE ROSKY, CPT

Certified Personal Fitness Trainer  
 Group Fitness Instructor  
 Contact Directly:  
 (480) 861-9207 or hopelfaith1@gmail.com

**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!

**Cycle Circuit** 30 minutes of heart pumping cardio spin, followed by circuit weight training in the weight room. Come get a total body workout!

**Aqua Aerobics** 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!  
(Seasonal: April - October).

**Beginning Circuit Training** Learn to use the weight equipment in the main gym with this fun, slower-paced, timed workout in the main gym. Balance work incorporated as well!

**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 (Tues. hand weights) and/or ab-focused body (Thurs.) sculpting with cool-down stretching.

**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.

**Yoga (Beginner)** A gentle (but strong) approach to yoga with seated and standing postures (optional: chair for balance). Poses focus on balance, breath, strength, flexibility and relaxation.

**Zumba** Latin and international music moves you through this energized dance fitness class. Incorporating fast and slow rhythms with resistance training.

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

**Ballet Fit/Cardio/Core** Blending strength training with ballet-inspired movement. Be ready for some cardio as you improve balance, flexibility, core strength and muscle endurance. All levels; modifications offered.

**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.

**TRX Training** Total Resistance exercises; specialized form of suspension training that utilizes equipment developed by a former U.S. Navy SEAL. TRX uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Call Cameron to get signed up. 559-696-5544. Additional fee for this personal training class.

