



# GROUP FITNESS

## WINTER 2020 SCHEDULE

### MONDAY

Bootcamp	5:30 AM	Cameron	Group Fitness Room
Yoga	8:30 AM	Liz	Group Fitness Room
Cardio Fit <i>(begins Jan 6th)</i>	5:30 PM	Hope	Group Fitness Room
Yoga <i>(new time)</i>	6:15 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

### 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
Zumba <i>(begins Jan. 8th)</i>	10:45 AM	Eleanor	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

### FRIDAY

Bootcamp	5:30 AM	Cameron	Group Fitness Room
Yoga	8:30 AM	Joanne	Group Fitness Room

### SATURDAY

Ballet Fit	10:00 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

### **Ballet Fit**

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

### **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!

### **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!

### **Cardio Fit**

A full body work out, while engaging in cardio and core exercises. Tabata type workouts are integrated into this amazing class.

### **Cycle Circuit**

30 minutes of heart pumping cardio spin, followed by circuit weight training in the weight room. Come get a total body 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 (Tues. hand weights) and/or ab-focused body (Thurs.) 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.

### **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.

### **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.