

# GROUP TRAINING SCHEDULE: NOVEMBER



## MONDAY

5:30-6:15a **T** **GRIT**, Amy  
 7:00-7:45a **PD** **Sunrise Yoga**, Liam  
 8:00-8:45a **B** **Box 'n Burn**, Liam  
 9:00-10:00a **M** **BodyShock**, Carmen  
 9:00-9:45a **S** **Rhythm Ride**, Miwana  
 9:30-10:30a **HydroPower**, Patrice  
 5:30-6:30p **M** **BodyPump**, Alyssa/Kristina  
 5:45-6:15p **S** **SPRINT**, Shanna  
 6:45-7:45p **M** **ZUMBA**, Summer

## TUESDAY

5:30-6:15a **P** **Powerlift**, Don  
 7:00-8:00a **M** **Power Yoga**, Bethany  
 8:30-9:15a **S** **Groove Ride**, Carmen  
 9:30-10:30a **M** **BodyPump**, Alyssa  
 9:30-10:30a **Aqua Fit**, Lindsey  
 11:00-11:45a, **B** **Chair Flow**, Lindsey  
 5:30-6:15p **M** **Solid Strength**, Miwana

Jingle & Mingle Open House

November 16th

9am - 2pm

Charity Zumba to benefit Delilah's 2nd Chance

Rescue at 10:15am with Nelly & Company.

## WEDNESDAY

5:30-6:15a **T** **GRIT**, Amy  
 7:00-7:45a **PD** **Sunrise Yoga**, Liam  
 8:00-8:45a **B** **Box 'n Burn**, Liam  
 8:15-9:15a **M** **BodyShock**, Carmen  
 9:00-9:45a **S** **SPRINT SoLoMo**, Liam  
 9:30-10:30a **Aquacize**, Lindsey  
 9:30-10:20a **M** **ZUMBA**, Summer  
 10:30-11:15a **M** **BodyBalance**, DeeDee  
 5:45-6:30p **M** **BodyPump**, Shanna  
 5:45-6:30p **S** **Rhythm Ride**, Miwana  
 6:45-7:45p **M** **ZUMBA**,  
 Nelly/Edwin/Jose

## THURSDAY

5:30-6:30a **M** **Yoga Stretch**, Kere  
 5:30-6:15a **P** **Powerlift**, Amy  
 7:00-7:45a, **M** **SHRED**, Bethany  
 9:30-10:30a **M** **BodyPump**, Alyssa/Kristina  
 9:30-10:30a **Aqua Fit**, Lindsey  
 11:00-11:45a, **B** **Chair Flow**, Lindsey  
 5:30-6:15p **M** **SHRED**, Bethany  
 5:45-6:15p **S** **SPRINT**, Kristina F.  
 6:30-7:30 **M** **ZUMBA**, Summer

## FRIDAY

5:30-6:15a **T** **GRIT**, Don  
 8:30-9:30a **S** **Power Ride**, Carmen  
 9:30-10:30a **Aqua Zumba**, Edwin/Jose  
 9:30-10:30a **M** **BodyBalance**, Alyssa

## SATURDAY

8:30-9:00a **S** **SPRINT**, Kristina  
 8:30-9:15a **T** **GRIT**, Amy  
 9:00-10:00a **M** **BodyPump**, Stefanie  
 9:30-10:15a **S** **Rhythm Ride**, Miwana  
 10:15-11:15a **M** **ZUMBA**, Darlene

## SUNDAY

9:30-10:30a **M** **BodyBalance**, DeeDee  
 10:35-11:05a **M** **Pilates**, DeeDee

**Class Locations**

**T = Turf**

**M = Main Studio**

**S = Spin Studio**

**P = Powerlifting Gym**

**PD = Pool Deck**

**B = Boxing Studio**

**Sunrise Yoga will be held in the Main**

**Studio in inclement weather**

*Classes in the pool will not be held if the outside temperature is below 55 Degrees.*

*\*If it's in BLUE, it's a NEW class or NEW time!\**

## Group Fitness Class Descriptions

All levels are welcome. Modifications provided.

**AQUA CLASSES:** Enjoy a variety of Aquatics classes throughout the week at 9:30am! We are proud to offer classes including High Intensity Interval Training, (HIIT), TABATA, Strength & Balance, as well as, AquaZumba®!

**BODY BALANCE®:** is a “New Generation” yoga-based workout for anyone wanting to improve their flexibility, core strength and sense of wellbeing.

**BODYPUMP®:** A high-intensity, full-body 60-minute weightlifting and conditioning class designed for all levels. Hot sounds and compelling choreography will keep you going through each workout.

**BODYSHOCK:** Boost your metabolism, improve your cardiovascular fitness, and build lean muscle with full body strength and cardio bursts.

**CHAIR FLOW:** Chair Flow is a gentle form of exercise that involves various stretching and toning techniques utilizing a chair which allows for more stability, security and variations as you work out. This class is great for the beginner but can benefit EVERYONE:

**CORE BURN:** Without core strength, mobility, and flexibility, all other formats of fitness can be a challenge. 30–minutes to focus on training your trunk can increase your strength and stamina throughout your life!

**GROOVE RIDE:** This class focuses on riding to the energy of the music. It also offers an excellent cardio workout that is challenging and FUN!! Get ready to engage your lower body and core.

**HYDROPOWER:** Dive into wellness with our expert Aqua Fitness Instructor. Experience the unique benefits of water resistance, improve your strength, and boost your overall wellness in a supportive, engaging environment. Join us for a transformative journey towards better health - where every splash brings you closer to your goals.

**PARTNER PADS:** Learn Boxing Basics with Coach Liam. This class utilizes specialized equipment so space is limited and on a first come, first serve basis!

**PILATES:** Decrease your anxiety and improve your core strength in 30 minutes of Pilates style conditioning. No matter your fitness goals, this class is great for EVERYONE!

**POWERLIFT:** It's VERO GRIT with powerlifting twist! This powerlifting focused workout will prepare you for all those lifts you can try in our new Powerlifting Gym!

**POWER RIDE:** Real road ride with climbs, intervals, surges, and sprints. Improve your cardiovascular endurance and neuromuscular power to the beat of awesome music... clip in and reap the benefits!

**POWER YOGA:** Take yoga to the next level and strengthen your entire body while reducing your stress at the same time. Light hand weights may be used.

**RHYTHM RIDE:** This is the spin class to take if you love music and working out to your max! Get lost in your own physical and mental challenges while focusing on your cardio and strength. Get ready to ride, sweat, and escape!

**SHRED:** Shred will provide you with a full body workout to help you burn fat, sculpt lean muscles and increase your overall strength and endurance. You want to get shredded? THIS IS THE CLASS FOR YOU!

**SOLID STRENGTH:** Strength development class designed to improve strength, power, athletic performance, and core stability. It's a results-driven class that is easily accessible to all levels.

**SPRINT:** A short 30-minute intense style of cycle training where the thrill and motivation comes from pushing your physical and mental limits. You combine bursts of intensity where you work as hard as possible, with periods of rest that prepare you for the next effort. Smash your fitness goals fast!

**SPRINT SOLOMO:** 30-minute SPRINT followed by optional 15–minutes of socializing!

**SUNRISE YOGA:** Enjoy the outdoors for a healthy start poolside at Sunrise. Rejuvenate your body and mind with 45 minutes of functional mobility incorporating modified yoga postures suited for all levels to improve flexibility and wellbeing. Mats are provided, but we encourage you to bring your own mat & towel. Class will be moved into the Main Studio if there is inclement weather!

**VERO GRIT:** This circuit-style TABATA class focuses on four areas of fitness: Cardio, Power, Strength, and Endurance, for a complete exercise experience.

**YOGA STRETCH:** Maximize and enhance your athletic potential by adding functional flexibility training to your workout routine. This class is not optional if you want to improve your athletic performance.

**ZUMBA®:** This Dance-Based class combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is “exercise in disguise.”

Trying a class for the first time? Be sure to arrive 15 minutes early, bring a water and a towel, and introduce yourself to the instructor. Don't be shy, our staff loves meeting new participants.