

# GROUP FITNESS SCHEDULE

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	ROW (FA) 30 MIN	FUNCTIONAL FUSION (A) 45 MIN	SCULPT 45 (A) 45 MIN		RIDE 45 (A) 45 MIN		
7:15 AM	FULLY BODY STRETCH (FA) 15 MIN	SIMPLY STRENGTH (FA) 30 MIN	SIMPLY STRENGTH (FA) 30 MIN		FULL BODY STRETCH (FA) 15 MIN		
8:00 AM	TBC (FA) 45 MIN	RHYTHM STRENGTH (FA) 45 MIN	20/20 (FA) 45 MIN	STRETCH & STRENGTH (FA) 30 MIN	TBC (FA) 45 MIN		
9:00 AM	X-TRAINING (A) 45 MIN	STEP 3 (A) 45 MIN	SCULPT 45 (A) 45 MIN	HI-LO (A) 45 MIN	20/20 (A) 45 MIN		
9:15 AM	STRETCH & STRENGTH (FA) 30 MIN	STRETCH & STRENGTH (FA) 30 MIN	CORE BALANCE (FA) 30 MIN	CORE BALANCE (FA) 30 MIN		RIDE YOGA (A) 45 MIN	CHISEL & BURN (FA) 45 MIN
10:00 AM	STEP/HI-LO (A) 45 MIN	SCULPT 45 (A) 45 MIN	RIDE/WEIGHTS (A) 45 MIN	C/S/Y (FA) 45 MIN	C/S/Y (A) 45 MIN	STRETCH & STRENGTH (FA) 30 MIN	ZUMBA (A) 45 MIN
10:15 AM					CORE BALANCE (FA) 30 MIN	RHYTHM STRENGTH (A) 45 MIN	
10:30 AM	STRETCH & STRENGTH (FA) 30 MIN	ZUMBA (FA) 45 MIN	CARDIO FIT (FA) 45 MIN				
11:00 AM	TBC (A) 45 MIN	C/S/Y (A) 45 MIN	FUNCTIONAL FUSION (A) 45 MIN	BARS & BELLS (A) 45 MIN	RIDE 45 (A) 45 MIN	FUNCTIONAL FUSION (FA) 45 MIN	BARS & BELLS (A) 45 MIN
					CARDIO FIT (FA) 45 MIN		
11:15 AM				STRETCH & STRENGTH (FA) 30 MIN			
11:30 AM		ROW (FA) 30 MIN					
12:00 PM	CORE BALANCE (FA) 30 MIN		STRETCH & STRENGTH (FA) 30 MIN	TBC (FA) 45 MIN	ZUMBA (FA) 45 MIN	TBC (FA) 45 MIN	RIDE 45 (A) 45 MIN
	RIDE/WEIGHTS (A) 45 MIN		RIDE 45 (A) 45 MIN				
12:15 PM		CORE BALANCE (FA) 30 MIN			GENTLE FIT (A) 30 MIN		
1:00 PM	FULLY BODY STRETCH (FA) 15 MIN	FULL BODY STRETCH (FA) 15 MIN	FULL BODY STRETCH (FA) 15 MIN	FULL BODY STRETCH (FA) 15 MIN	FULL BODY STRETCH (FA) 15 MIN	ROW (FA) 30 MIN	SIMPLY STRENGTH (FA) 30 MIN
1:30 PM	GENTLE FIT (FA) 30 MIN	TBC (FA) 45 MIN	GENTLE FIT (FA) 30 MIN	ROW (FA) 30 MIN	STRETCH & STRENGTH (FA) 30 MIN		
5:00 PM				ZUMBA (A) 45 MIN			
5:30 PM	CORE BOOT CAMP (A) 45 MIN		ROW/WEIGHTS (FA) 45 MIN		FUNCTIONAL FUSION (A) 45 MIN		
5:45 PM		BARS & BELLS (A) 45 MIN		TBC (FA) 45 MIN			
6:30 PM	RIDE 45 (A) 45 MIN		RIDE 45 (A) 45 MIN		STRETCH & STRENGTH (A) 30 MIN		
7:00 PM		HIIT (A) 45 MIN		BARS & BELLS (A) 45 MIN			

**Hardwood Floor (FA) | Group Fitness Studio A (A)**  
**New classes and class changes have been highlighted.**

**To view group fitness class updates, cancellation, and a personalized calendar, please log-in to your online Reh-Fit account.**

<b>Class Title</b>	<b>Level</b>	<b>Description</b>
<b>Full Body Stretch</b>	<b>N/A</b>	Increase your range of motion and flexibility with a full body stretch to feel great.
<b>Gentle Fit</b>	<b>1</b>	This adapted class is perfect for all who prefer stretching and strengthening exercises from a chair.
<b>Core Balance</b>	<b>1</b>	A class that will challenge and enhance your core strength and balance.
<b>Simply Strength</b>	<b>1</b>	A beginner strength workout using dumbbells.
<b>Stretch &amp; Strength (S&amp;S)</b>	<b>1</b>	A complete body workout focused on strengthening and lengthening the body's major muscles.
<b>Ride</b>	<b>2</b>	Indoor cycling - or spinning on a stationary exercise bike for a cardiovascular workout.
<b>Rhythm Strength</b>	<b>2</b>	A dynamic and energetic class that seamlessly blends strength training with the joy of music.
<b>20/20</b>	<b>2</b>	A great combination of cardio fitness and strength training for a well-rounded workout.
<b>Cardio Fit</b>	<b>2</b>	A focus on your cardiovascular system while moving to great music.
<b>Ride/Weights</b>	<b>2</b>	A mix of cycling and strength training for a total body workout.
<b>Ride/Yoga</b>	<b>2</b>	This hybrid class is a perfect blend of cardio on the bike and stretching on the mat.
<b>Core Boot Camp</b>	<b>2</b>	A fun and challenging strength and core workout you don't want to miss.
<b>C/S/Y</b>	<b>2</b>	Cardio drills, strength training, and yoga make this the perfect workout.
<b>Row</b>	<b>2</b>	Cardio training on the rower with the sound and feel of being on the water.
<b>Sculpt 45</b>	<b>2</b>	A 45-minute head-to-toe strength workout using dumbbells.
<b>Functional Fusion</b>	<b>2</b>	This high-energy workout is designed to improve overall strength, flexibility, and cardiovascular endurance while enhancing functional movement patterns.
<b>Zumba</b>	<b>2</b>	Dance-inspired movements and awesome music to enhance your cardiovascular system.
<b>TBC</b>	<b>2</b>	Total body conditioning workout that promotes muscle endurance, core stability, strength, balance, and flexibility.
<b>HIIT</b>	<b>3</b>	High-intensity intervals of cardio, strength, power, and agility.
<b>Chisel &amp; Burn</b>	<b>3</b>	Build strength, endurance, and burn calories. Includes cardio, bodyweight, and strength exercises and finishes with core and stretching for a complete total body workout.
<b>Bars &amp; Bells</b>	<b>3</b>	A 45-minute strength training workout using barbells and dumbbells
<b>Hi-Lo</b>	<b>3</b>	A super fun move to the music traditional style aerobics class with options to stay low impact or add power for higher intensity.
<b>Step</b>	<b>3</b>	A fun throwback to this classic cardio workout on the step.
<b>Step Hi-Lo</b>	<b>3</b>	Combines the best of both worlds-step and heart pumping high low combinations.
<b>Xtraining</b>	<b>3</b>	This ultimate combination of strength, cardio, and bodyweight exercises will push your limits.