

# GROUP FITNESS JANUARY SCHEDULE

## Bozeman Hot Springs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>630-730am Yoga</b> Meg	<b>6am-645am Insanity</b> Abby	<b>630-730am Yoga</b> Meg	<b>6am-645am Insanity</b> Abby	<b>630-730am Yoga</b> Meg
	<b>830-930am Power Pump</b> Nancy		<b>830-930am Step Aerobics</b> Nancy		<b>830-930am TRX</b> Nancy
		<b>9-10am Pilates</b> Cybil		<b>9-10am Pilates</b> Cybil	<b>930-1030am Barre Body</b> Jackie
<b>10-11am Yoga</b> Cynthia/Jackie	<b>10-11am Yoga</b> Cynthia		<b>10-11am Yoga</b> Cynthia		<b>1030-1130am Restorative Yoga</b> Meg
		<b>12-1pm Spin</b> Dona		<b>12-1pm Power Spin</b> Dona	
	<b>430-525pm Yoga</b> Jackie	<b>430-5:5pm TRX</b> Jessica	<b>430-525pm Pilates</b> Beth	<b>430-525pm TRX</b> Jessica	
	<b>530-615pm Booty Camp</b> Cybil	<b>530-625pm Yoga</b> Jackie	<b>530-615pm Bootcamp</b> Kaci	<b>530-625pm Yoga</b> Jackie	
	<b>615-7pm Zumba ®</b> Lynn	<b>630-715pm Barre Body</b> Jackie	<b>615-7pm Core 'n' More</b> Kaci	<b>630-715pm Barre Body</b> Jackie	

**No Group Fitness classes 12/31/17 and 1/1/18**

## Pool Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
830-915am Deep Water Conditioning Laurie	830-930 am Shallow Water Conditioning Level 2 Nancy	830-915am Deep Water Conditioning Laurie	830-930 am Shallow Water Conditioning Level 2 Nancy	830-915am Deep Water Conditioning Laurie
	930-1030 am Shallow Water Conditioning Level 1 Nancy		930-1030 am Shallow Water Conditioning Level 1 Nancy	

**Barre Body-** Focus on form and precision while performing small isometric movements emphasizing basic alignment, foundation, and specific muscle actions. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, glutes, and thighs. Each strength section of this workout is followed by a stretching section to create long, lean muscle without bulk. These are challenging, no-impact classes that require focus and precision for maximum results.

**Body Blast** - A circuit style class mixing free weights, cardio, bosu balls, intervals, and your own body weight. Come join this class for a total body workout that will leave you energized!

**Yoga** - This class uses an invigorating flow of movement in breath, posture, and music, creating a practice that opens, heals, detoxifies, exhilarates and challenges the body.

**Power Pump** - A cardiovascular strength-training class designed to build lean muscle and provide a results-oriented whole body workout. Build and sculpt muscles, strengthen core, increase flexibility while burning fat.

**Group Spinning** - This is an indoor cycling class using changes in resistance and cadence in efforts to simulate an outdoor ride. The class is designed to challenge both beginners and advanced riders.

**Pilates** - Strengthens and tones muscles, improves posture, provides flexibility and balance. A variety of intensity options are given for beginner to advanced. Learn the skills and principles of Pilates to work deeper in the core and create quality movement.

**TRX**- This class implements cardio and fundamental exercises to develop strength, balance, flexibility, and core stability simultaneously. TRX leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself.

**Booty Camp** - This high energy class focuses on toning the lower body while keeping your heart rate up. This 45 minute class is designed to be efficient, fun, and challenging.

**Power Spin** - A circuit-based class using spin bikes, free weights, bosu balls, and intervals. Come burn calories and have fun!

**Shallow-Water Conditioning** - Moving in the water offers an effective way to exercise without incurring the impact of land-based exercises. Warm water makes this class joint friendly and will increase your mobility, flexibility, balance, and coordination.

**Deep-Water (Multi-Level) Conditioning** -This fun and challenging water workout will take you to a new fitness level. Engage yourself in the ultimate water workout! This class provides cardiovascular conditioning, resistance training, and flexibility. Aqua training is an excellent low-impact workout and a great way to cross-train.

**Step Aerobics**- This class will not only help you improve your cardio endurance but your strength as well. Open to all levels, the platform height can be tailored to each individual's needs.

**Zumba**- Classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring!

**15 Minute Abs**- This 15 minute class makes sure to target your abdominals and back muscles in a variation of challenging exercises. Get ready to feel the burn!

**Early Morning Yoga**-This is a unique yoga class using a warm environment to promote flexibility, concentration, and detoxification. This class is suitable for all levels of ability. Come stretch, expand, and change your body and your life! Please bring water.

**Core 'n' More**- It's a total body workout incorporating elements of balance, core, strength and cardio. Using a combination of high energy, low impact moves strategically using body weight exercises along with equipment designed to better your balance, strengthen muscles, target your core, and burn calories. This workout is designed for all levels. If you want to better your performance while skiing, snowboarding, paddle boarding, kayaking, hiking, snow shoeing, lifting and just everyday life this class will benefit everyone.

**Insanity**- This 45 minutes is sure to make you sweat. The class utilizes body weight, plyometrics, cardio and strength training to burn Interval training is the foundation of this class, tons of modifications are offered for every ability and level.

**PiYo**- Combines the practices of Pilates and Yoga to build strength, lose weight and gain flexibility. PiYo classes are dynamic, constantly flowing the exercises to increase your heart rate, burn calories and make you sweat. These classes are low-impact but high energy, with moves and poses taken from traditional yoga, Pilates and dance, linked together in a new way to add more cardio and fun.

**Pound**- Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, this class transforms drumming into an incredibly effective way to get fit. This full body workout combines cardio, conditioning, strength training, yoga movements all while rocking out!

**Bootcamp**- A great workout for everyone interested in improving their fitness & stamina. By training with free-weights, resistance-bands, and body-weight this workout will give you an exciting range of strengthening, stretching, balance, and core exercises. This Class is designed to get you in YOUR best shape using intense-high energy drills, circuits, tabata training, agility, balance, and speed, along with mental challenges. Get ready to step out of your comfort zone and GET RESULTS!

**Cardio Fitness**- You will work up an awesome sweat in this class! This is a combination of HIIT and bodyweight exercises that is synced to music. This class is full of energy!

**Restorative Yoga**- In this class you will learn to how to align the physical with the mental by practicing stillness and gentle movement for extended periods of time. The props assist in helping you to hold poses longer, as well as seeks to achieve physical, mental and emotional relaxation. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body.