

GROUP FITNESS MARCH SCHEDULE

Bozeman Hot Springs



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--------|---------|-----------|----------|--------|
|--------|--------|---------|-----------|----------|--------|

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|--|--|--|--|--|--|
| | 630-730am Yoga Meg | 6am-645am Bootcamp Abby | 630-730am Yoga Meg | 6am-645am Spin Abby | 630-730am Yoga Meg |
| | 830-930am Power Pump Nancy | | 830-930am Step Aerobics Nancy | | 830-930am TRX Nancy |
| | 930-10am Ab Blast Nancy | 9:15-10am Pilates Cybil | 930-10am Ab Blast Nancy | 9:15-10am Pilates Cybil | |
| 10-11am Yoga Cynthia/Jackie | 10-11am Yoga Cynthia | | 10-11am Yoga Cynthia | | 10-11am Restorative Yoga Mimi |
| | | 12-1pm Spin Dona | | 12-1pm Power Spin Dona | |
| | 430-525pm Kettlebell AMPD Melissa | 430-525pm Circuit City Hannah | 445-530pm Group Spin Dona | 430-525pm Circuit City Hannah | |
| | 530-615pm AAA Abby | 530-625pm Yoga Jackie | 530-630pm Innergistics Dona | 530-625pm Yoga Jackie | |
| | 615-7pm Spin Abby | 630-715pm Barre Body Jackie | | 630-715pm Barre Body Jackie | |

NO WATER CLASSES MARCH 18th-22nd

Pool Fitness Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--------|
| 830-930am Deep Water Conditioning Ann | 830-930 am Shallow Water Conditioning Level 2 Nancy | 830-930am Deep Water Conditioning Ann | 830-930 am Shallow Water Conditioning Level 2 Nancy | |
| 930-1030am Functional Aquatics Ann | 930-1030 am Shallow Water Conditioning Level 1 Nancy | 930-1030am Functional Aquatics Ann | 930-1030am Shallow Water Conditioning Level 1 Nancy | |

AAA- Abs, arms and you know what! This high energy class focuses on toning those problem areas while scorching calories. This class is designed to be efficient, fun and challenging for all fitness levels!

Ab Blast- come and tone up the middle section with this fun packed core class! Focusing on strengthening the abdominals and the low back with a variety of exercises!

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!

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!

Circuit City- This is a interval structured class is full of variety insuring you will not get bored! This class builds cardiovascular fitness while improving muscular strength and endurance. TRX, HIIT, weight lifting, bands and body weight exercises will all make an appearance here!

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.

Functional Aquatics- a slower pace aquatics class that is specialized for individuals that are looking for a introduction to water fitness or want an emphasis on rehabilitation.

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.

Innergystics- this class is a mind and whole-body workout. This unique workout program builds strength, endurance, balance, and breathing technique to address the WHOLE you. Total body workout to great music. All fitness levels welcome

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.

Kettlebell AMPD- kettlebell moves set to high energy music. This full body workout guarantees to burn calories and sculpt muscles!

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.

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.

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

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.

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.

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.

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.

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.

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!

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