

# GROUP FITNESS JANUARY SCHEDULE

Bozeman Hot Springs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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6-6:50AM Bootcamp Amy G	6-7:00AM Sunrise Yoga Crystal	6-6:50AM Bootcamp Amy G	6-7:00AM Sunrise Yoga Crystal	6-6:50AM Bootcamp Amy G
7-7:45AM Cycle Bootcamp Amy G		7-7:45AM Cycle Bootcamp Amy G		
9-9:50AM Step & Tone Britainy	9-10:00AM Pilates Cybil	8-9AM Kickboxing Bootcamp Hannah	9-10AM Pilates Cybil	
5:30-6:30PM Cycle & Core Amy K		12-1PM Bootcamp Lexie		
6:35-7:35PM Recovery Yoga Amy K	5:30-6:30PM Yoga Meg	5:30-6:15PM Zumba Halley	5:30-6:30PM Bootcamp Lili	
		6:15-7PM Pound Halley		

**PLEASE REGISTER FOR CLASSES ON MINDBODY APP**

Registration for classes closes two hours before the start time. Walk-ins are welcome if spots are available



**Boot camp**- A great workout for everyone interested in improving their fitness & stamina. By training with free-weights, resistance-bands, and bodyweight 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!

**Cycle Bootcamp**- Get a great workout in and maximize your time by spending the class alternating between the bike and strength/circuit work. The cardio and strength sessions will work together to deliver a full body workout. All levels welcome.

**Cycle/Core**- A great workout combining the spin bike and core work. Not only will get a good sweat on, but you will also get your core work in. With the ability to control the resistance on your bike, this class is great for all fitness levels.

**Kickboxing Bootcamp**- Cardio kickboxing drills and combos formatted to improve aerobic endurance, coordination and strength. Kickboxing is a total body workout that involves utilizing multiple muscle groups to elevate heart rate and train participants in speed, agility and quickness. All levels welcome

**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.

**Pound**- This full body workout combines music with cardio, strength, yoga, and Pilates-inspired moves into an effective workout that will leave you energized! Using a rip-stick, you can let loose and enjoy the high energy this class offers. All fitness levels welcome

**Recovery Yoga**- Use this 1-hour class to recover from a challenging workout or sitting at a desk all day. This slower paced class will help you wind down from the day and calm the mind. In this class you will perform yoga stretches designed to help muscle recovery. This class is designed as an active recovery workout, not only creating increased mobility and flexibility but working as a therapy for the body and mind, promoting better functional movements in all your other workouts.

**Step & Tone**- Step and tone is an easy to follow cardio and toning workout using a step and dumbbells. This combination of cardio and strength exercises helps to improve cardiovascular endurance, burn calories, and tone and strengthen the muscles, creating a lean and sculpted physique. With energetic music and an enthusiastic instructor, Step and Tone provides a fun and engaging way to achieve a total body workout.

**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**- Revitalize your body, relax your mind, and reduce stress in this yoga class. standing flows and floor poses will help to increase your strength and stability, and improve breath capacity. This class will also improve flexibility and restores joint range of motion. A variety of pose options are offered based on the needs of the class. This class is for good for all levels of fitness.

**Zumba**- Classes feature exhilarating latin inspired dance moves set to high-energy music. Before participants know it, they're getting fit and their energy levels are soaring!