

# GROUP FITNESS MARCH SCHEDULE

Bozeman Hot Springs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<b>6-6:50AM</b> Bootcamp Amy G	<b>6-7:00AM</b> Sunrise Yoga Crystal	<b>6-6:50AM</b> Bootcamp Amy G	<b>6-7:00AM</b> Sunrise Yoga Crystal	<b>6-6:50AM</b> Bootcamp Amy G
<b>9-9:50AM</b> Step & Tone Britainy	<b>9-10:00AM</b> Pilates Cybil	<b>8-9AM</b> Kickboxing Bootcamp Hannah	<b>9-10AM</b> Pilates Cybil	
<b>5:30-6:30PM</b> Cycle & Core Amy K	<b>5:30-6:30PM</b> Yoga Meg	<b>12-12:50PM</b> Bootcamp Lexie	<b>10:15-11AM</b> Stretch Project Lili	<b>9-10AM</b> Pilates Meredith
<b>6:35-7:35PM</b> Recovery Yoga Amy K	<b>7-8:00PM</b> Boxing Fundamentals Matt <i>Begins 3/11</i>	<b>5:30-6:15PM</b> Zumba Halley	<b>5:30-6:30PM</b> Bootcamp Lili	
		<b>6:15-7PM</b> Pound Halley	<b>7-8:00PM</b> Boxing Fundamentals Matt <i>Begins 3/11</i>	

**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!

**Boxing Fundamentals**- This dynamic class covers the key techniques that form the foundation of the sport, including stance, footwork, powerful punching mechanics, and defensive strategies. Whether you're a beginner or looking to refine your skills, our expert instruction will help you build strength, agility, and confidence. Get ready for an energizing workout that sharpens both mind and body—all levels welcome!

**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 that involves utilizing multiple muscle groups to elevate heartrate 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 a 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.

**Stretch Project**- Increase your flexibility and mobility by joining our instructors in this 45-minute class! This class is a great way to deepen your flexibility you already have or create flexibility you didn't know you had! This class comes with very beginner friendly stretches that can be adapted for any level of mobility. So whether you need to recover from an intense morning or you need to prepare for a long day this class is the right one for you!

**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 improves 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!