

Group Fitness Schedule



MARCH 2024

Any and all classes subject to change



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|--|
| 5:15am HOT MESS EXPRESS (GFS) <i>Lisa</i> | 5:15am SUNRISE SWEAT (GFS) <i>Lisa</i> | 5:15am HOT MESS EXPRESS (GFS) <i>Andi</i> | 5:15am CYCLING <i>Kent</i> | 5:15am SUNRISE CIRCUITS (GFS) <i>Lisa</i> | 7:05am BELOW THE BELT (GFS) <i>Rachel</i> |
| 7:15am CYCLING <i>Terri</i> | 8:00am YOGA (GFS) <i>Kayleigh</i> | 7:15am CYCLING <i>Terri</i> | 8:00am YOGA (GFS) <i>Kayleigh</i> | 7:15am CYCLING <i>Terri</i> | 8:00am CYCLING <i>Terri</i> |
| | | 8:00am PILATES (GFS) <i>Diane</i> | 8:30am SENIOR PLUS CARDIO (G) <i>Michele</i> | 8:00am CARDIO STRENGTH (GFS) <i>Terri</i> | 8:00am STEP STRONG (GFS) <i>Kerri</i> |
| 9:00am SILVER SNEAKERS CLASSIC® (G) <i>Bonnie</i> | 9:00am CARDIO STRENGTH (GFS) <i>Penny</i> | 9:00am SILVER SNEAKERS CLASSIC® (G) <i>Michele</i> | 9:00am BAND CAMP (GFS) <i>Rachel</i> | 9:00am SILVER SNEAKERS CLASSIC® (G) <i>Bonnie</i> | 9:00am ZUMBA (GFS) <i>Tara</i> |
| 9:00am STRONGER SELF+ (GFS) <i>Rachel</i> | 9:00am BOOTCAMP (G) <i>Jessica</i> | 9:00 am CARDIO DANCE (GFS) <i>Penny</i> | 9:30am KICKBOXING BOOTCAMP (G) <i>Jessica</i> | | |
| 10:15am TAI CHI (GFS) <i>Marla</i> | 10:30am SILVER SNEAKERS YOGA STRETCH (G) <i>Bonnie</i> | 10:15am TAI CHI (GFS) <i>Marla/Joan</i> | | 10:15am TAI CHI (GFS) <i>Bill</i> | |
| 5:15pm NEVER MISS A MONDAY (GFS & G) <i>Rachel</i> | 5:15pm CYCLING <i>Kent</i> | 5:30pm Yoga (GFS) <i>Kayleigh</i> | | | FLAC reserves the right to cancel, reschedule or combine classes. Thank you for understanding! |
| 6:00pm YOGA (GFS) <i>Kayleigh</i> | | | 6:00pm CARDIO STRENGTH (GFS) <i>Kerri</i> | | (G) = GYM (GFS) = Group Fitness Studio |

CLUB HOURS: Mon-Thurs 5am-10pm, Friday 5am-9pm, Sat-Sun 7am-6pm

Cardio Strength

Band Camp: No instruments needed! Utilizing all types of resistance bands to build lean muscle mass and core strength.

Below The Belt: Let's just say, we are getting serious about "Leg Day"

Bootcamp: Join our Trainers for a fun, 45 min full body workout with some excitement and camaraderie. Meet us in the gym!

Cycling: This class is a combination of interval and steady stationary training intended to improve cycling efficiency and cardiorespiratory conditioning.

Cardio Dance: 45 Minutes of moving to music, from oldies to current pop songs. Options for both low and high impact. The last 15 minutes are devoted to strength training and stretching.

Cardio Strength: Cardiovascular conditioning with strength training. Boost your metabolism, develop your strength, and shape your body.

Hot Mess Express: An express workout with a heavy emphasis on racking up the calorie burn! Designed to leave you a "Hot Mess" and earning your shower after.

Kickboxing Bootcamp: Boxing inspired workout with bags and many cardiovascular stations/drills to leave you feeling inspired and accomplished.

Never Miss A Monday: A wide variety of "Monday Funday" workouts! Making it to a Monday workout sets the pace for your entire week!

Step Strong: Traditional step combinations of cardio with strength training intervals to complete an hour full body workout.

Stronger Self (+): Does your muscular system need an oil change? Or maybe you haven't tapped into any resistance training yet? With Stronger Self, you will learn, be 100% educated, and experience a true functional training workout. We will increase your core strength balance and stability. Understand how weight training 2-4x a week can improve your overall health! Stronger Self+ includes some cardio!

Sunrise Circuits: Assorted fitness and cardiovascular stations set to a timer for a complete full body workout.

Sunrise Sweat: Wake and Shake! Join us for some Bootcamp inspired, cycling, some functional training, core strength, weight training and more all before 6:00am!

Zumba: One hour of pure Latin cardio dance!

Mind & Body

Pilates: A series of exercises performed with control and precision. Designed to strengthen and challenge the "core" muscles. Pilates will also lengthen, define, and sculpt legs, arms, lower back, and smaller supporting muscle groups.

Tai Chi: Slow, rhythmic, Chinese art form designed to improve breathing, strength, balance, and flexibility. Tai Chi is designed to promote health and mental clarity.

Yoga: A multi-level class geared towards vinyasa flow. This class focuses on alignment and linking breath to movement with a siesta finish!

Active Older Adult

Silver Sneakers Classic®: Have fun and move to the music through a variety of exercises to increase strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and balls for resistance. A chair is used for seated and/or standing support.

Silver Sneakers Yoga Stretch®: Yoga Stretch teaches gentle, effective stretching, while increasing muscular endurance and restorative breathing techniques.

Senior Plus Cardio: An advanced active older adult class including strength and cardiovascular exercises designed to challenge you.

*** Please continue to sanitize all equipment used, before and after classes.

*** All classes will be 45 minutes in length (unless otherwise noted)

*** Reservations required for Silver Sneakers classes ONLY! Reservations will be taken up to 5 days in advance. We will keep a wait list if/when people

*** If you reserve a spot in class and do not attend, we reserve the right to place you on a waitlist for the following week.