

Club71 Group Fitness Schedule

April 3rd – June 30th 2017

Go to [GS Wellness](#) → [On-Site Fitness Centers](#) → [Flex Website](#)

MORNING

AFTERNOON

EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEIGHT TRAINING 7:00 – 7:45 a.m. Studio 1 (David)	YOGA 7:00 – 7:45 a.m. Studio 1 (Alexa)	TOTAL BODY BLAST 7:00 – 7:45 a.m. Studio 1 (David)	YOGA 7:00 – 7:45 a.m. Studio 1 (Alexa) SPIN 7:00 – 7:45 a.m. Studio 2 (Jaime)	POWER CIRCUIT 7:00 – 7:45 a.m. Studio 1 (Kyle)
WERQ® 12:15 – 1:00 p.m. Studio 1 (Verletta)	SPIN & SCULPT 12:00 – 12:45 p.m. Studio 2 (Charlet)	POWER CIRCUIT 11:45 – 12:15 p.m. Studio 1 (Kyle)	METABOLIC BURN 12:00 – 12:45 p.m. Studio 1 (Matt)	TABATA BOOTCAMP™ 11:30 – 12:10 p.m. Studio 1 (Eddie)
YOGA 1:05 – 1:50 p.m. Studio 1 (Jaime)	INSANITY® 12:00 – 12:30 p.m. Studio 1 (Eddie) BARRESSENCE 12:45 – 1:30 p.m. Studio 1 (Jaime)	WERQ® 12:20 – 1:05 p.m. Studio 1 (Verletta)	BARRESSENCE 1:00 – 1:45 p.m. Studio 1 (Jaime)	ZUMBA® 12:15 – 1:00 p.m. Studio 1 (Reina) YOGA & MEDITATION 1:05 – 2:00 p.m. Studio 1 (Nina)
INSANITY® 5:15 – 6:00 p.m. Studio 1 (Eddie) ABSANITY 6:00 – 6:15 p.m. Studio 1 (Matt)	YOGA 5:15 – 6:15 p.m. Studio 1 (Nina)	INSANITY® 5:15 – 6:00 p.m. Studio 1 (Eddie) ABSANITY 6:00 – 6:15 p.m. Studio 1 (Matt)	SPARTACUS 5:15 – 6:00 p.m. Studio 1 (Kyle)	
				SATURDAY
				Closed
				SUNDAY
				Closed

Group Fitness Class Descriptions

Go to GS Wellness → On-Site Fitness Centers → Flex Website

COMBINED CONDITIONING

INSANITY®

INSANITY® uses MAX interval training which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest.

METABOLIC BURN

High Intensity Interval Training at its best. This class includes short, high intensity intervals combined with active recovery designed to train the body for improved performance and calorie burning.

POWER CIRCUIT

Kettle bells, battling ropes, medicine balls, rowing and body weight exercises come together in an easy to follow, challenging all around workout that will build endurance.

TABATA BOOTCAMP™

Workouts are short in duration and designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over. Class is based on High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol and other various HIIT moves.

CYCLING

SPIN

A cycling class that combines jumps, intervals, hills, and sprints to promote total body and aerobic fitness. Spin is a group cycling class set to music and performed on a specialized bike.

SPIN & SCULPT

This high energy workout will cover it all in 45 minutes. This class incorporates spinning to build total body and aerobic fitness and weights to build muscle tone and endurance.

DANCE

WERQ®

A fiercely fun, dance fitness workout class based on pop, rock, and hip-hop music.

ZUMBA®

This 45 minute class features exotic rhythms set to high-energy Latin and International beats. Before you know it, you'll be getting fit and your energy levels will be soaring!

MIND AND BODY

MEDITATION TO GO

Come as you are. No need to change your attire or your mood. Experience a guided meditation to help you focus, relieve stress, mentally reboot and recharge.

YOGA

A class featuring the ancient practice of Yoga; a series of asana (postures) to increase flexibility, energy, and stillness of the mind.

MUSCLE CONDITIONING

ABSANITY

A 15 minute class packed with plenty of moves to strengthen your abs, back and trunk.

BARREssence

Perform small isometric movements that will lift your seat, tone your thighs, abs and more.

SPARTACUS

A scorching routine that works every muscle in your body! Carve your body with an assortment of strength training exercises.

TOTAL BODY BLAST

This class hits all of the major muscles of the body utilizing a fun and challenging circuit. By incorporating both traditional and functional training exercises, this class will leave you feeling refreshed and ready to attack the day.

WEIGHT TRAINING

This class will utilize everything from free weights to resistance bands to balance discs for a full body workout!