

January

Group Exercise Update

(Effective Monday, January 8)

Additions

- 2 new Full Out Barre classes:
Wednesdays, 8:20 am (Catherine)
Sundays, 4:00 pm (Chloe)
- Rhythm Ryde
Sundays, 3:30 pm (Jen)



Changes

- Monday 5:30 pm Step moves to 4:30 pm in the Barre Studio.
- Monday 6:30 pm Kickboxing moves to the Barre Studio.
- Tuesday and Thursday 5:30 am Yoga moves to Mondays and Wednesdays at 5:15 am and will be taught by Amanda in the Group Exercise Studio.
- Thursday 4:30 pm Power Pump is changing format to Zumba and will be taught by Sergio in the Group Exercise Studio.

All New Format - HIIT Step

- Wednesdays, 5:30 am (Quen)

In this class, you'll do intervals of cardio drills on/with the step and resistance training. The end of the class promises a "6-minute burnout" followed by abs. (This class replaces Insanity in this time slot.)