

# APRIL GROUP FITNESS SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00A <b>Zumba</b> Renee	8:15A <b>Curls N Crunches</b> Kim Y.	7:30A <b>Cardio Blast</b> Kim Y.	8:30A <b>Yoga Express</b> Kristina	8:15A <b>Step</b> Kim Y.	8:15A <b>Yin Yoga</b> Kelly	8:15A <b>Cycle</b> (Cycle Studio) Keith
11:00A <b>Strong 30</b> Renee	9:15A <b>Cycle+</b> (Cycle Studio) Michelle B. <i>*The first Monday of each month will be Intro to Cycle*</i>	8:30A <b>HIIT Cycle Express</b> (Cycle Studio) Jesse	9:15A <b>Cycle</b> (Cycle Studio) Melissa	9:15A <b>Cycle</b> (Cycle Studio) Melissa	9:15A <b>Toning Remixed</b> Nicole	8:30A <b>Total Strength/AMPD Fusion</b> Nicole/Jesse
	9:15A <b>AMPD Burn</b> Jesse	9:15A <b>AMPD Fusion</b> Jesse	9:15A <b>Walk This Weigh(t)</b> Jesse	9:15A <b>Kettlebell AMPD</b> Nicole	10:15A <b>Move It &amp; Groove It</b> Jesse	9:30A <b>Zumba</b> Renee
	10:15A <b>Walk This Weigh(t)</b> Jesse	10:15A <b>Pilates Power Hour</b> Michelle B.	10:15A <b>Total Strength</b> Jesse	10:15A <b>Zumba Gold</b> JoAnna	11:15A <b>Restorative Strength</b> Jesse	10:30A <b>Yoga</b> Michelle M.
	11:15A <b>Move It</b> Carrie	11:15A <b>Yoga Fusion</b> Kelly	11:15A <b>Move It</b> Carrie	11:15A <b>Yoga Flow</b> Michelle B		
	4:45P <b>Basic Step</b> Kim Y.	4:45P <b>Yoga Express</b> Kristina	12:15P <b>Yin Yoga</b> Kelly	5:00P <b>Butts-n-Guts</b> Michelle M. (4/4 & 4/18) <b>Walk This Weigh(t)</b> Jesse (4/11 & 4/25)	<div style="background-color: #0056b3; color: white; padding: 10px;"> <h2 style="text-align: center; margin: 0;">THIS MONTH:</h2> <h3 style="text-align: center; margin: 5px 0 0 0;">SPECIAL EVENTS</h3> <ul style="list-style-type: none"> <li>YOGA FOUNDATIONS CLASS, WEDNESDAY APRIL 3 AT 6:45PM</li> <li>NATIONAL KIDS YOGA DAY ON APRIL 5! CELEBRATE WITH US ON 4/5 AT 4:30PM WITH KIDS YOGA!</li> <li>BALANCE AWARENESS CLASS: MONDAY, APRIL 8 AT 12:15PM</li> <li>YOGA FOR MEN: WEDNESDAY 4/17 AT 6:45PM</li> <li>MONDAY, APRIL 29: 5:30P BRITNEY SPEARS BIKE BOOTCAMP</li> </ul> <h3 style="text-align: center; margin: 5px 0 0 0;">FAB FRIDAYS</h3> <ul style="list-style-type: none"> <li>4/5- Zumba @ 5:30P</li> <li>4/12 - AMPD Kickboxing @ 5:30P</li> <li>4/19- Yoga Stretch @ 4:30P followed by STRONG30 @ 5:30P</li> </ul> </div>	
	5:30P <b>Bike Bootcamp</b> (Cycle Studio) Nicole	5:30P <b>Kettlebell AMPD</b> Nicole	4:45P <b>Floor Pilates Express</b> (Cycle Studio) Jesse	5:30P <b>Cycle</b> (Cycle Studio) Melissa		
	5:45P <b>Zumba</b> ZaKia	5:30P <b>Cycle</b> (Cycle Studio) Michelle M.	5:15P <b>HIIT Cycle Express</b> (Cycle Studio) Jesse	5:55P <b>Let The Deck Decide Express</b> Courtney		
	6:45P <b>Evening Release Yoga</b> Michelle M.	6:30P <b>Total Strength</b> Courtney	5:45P <b>Don't Stop HIIT It</b> Courtney	6:30P <b>MIXXED FIT</b> ZaKia		
		7:30P <b>Zumba</b> Amber				

## REMINDERS:

- NO REGISTRATION REQUIRED FOR ANY CLASSES
- WE ASK THAT YOU ARRIVE 10-15 MINUTES PRIOR TO THE START TIME OF THE CLASS.
- CLASSES ARE 50-MINUTES
- ALL OUTDOOR CLASSES ARE WEATHER PERMITTING AND MAY BE CANCELED DURING INCLEMENT WEATHER

TIMES, CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE





# GROUP FITNESS CLASS DESCRIPTIONS

## CARDIO

### Bike Bootcamp

This class is a combination of high-intensity cardio (on the bike), followed by strength training on the floor.

### Cycle+

A traditional cycle class PLUS CORE. 50 minutes of indoor cycling drills, followed by 15 minutes of core and more!

### Cardio Blast

This class will combine elements of strength training with cardio intervals. All levels welcome.

### Cycle

High Intensity Interval Training meets Cycle in this class. All the benefits of calorie torching HIIT without the impact.

### HIIT Cycle Express

A 25 minute high Intensity Interval Training cycle class

### Mixed Fit

This workout is all about the hottest current dance moves choreographed to the hottest beats, with some bootcamp exercises MIXXED in! Let go of all inhibitions and let the "nightclub" sounds move you.

### Move It & Groove It

Get movin' with this energetic dance, and adapted work out. Fitness & fun come together as you alternate non-impact movement

### Step

Choreographed to high energy music, Step class offers a great cardio workout. Creative and dynamic moves are incorporated in order to ensure a great calorie burn session.

### Walk This Weigh(T)

This choreographed walking class will combine indoor walking intervals with strength elements. Great for beginners, and those looking for great music to sing along to!

### Zumba

This exhilarating Latin-inspired dance party will move you from head to toe!

### Zumba Gold

This adapted Latin-inspired dance party will move you from head to toe!

### Strong 30

This 30-minute class uses upbeat music to guide you through a strength-based workout designed to build muscle and motivate you to push past your limits.

## MIND & BODY

### Evening Release Yoga

An evening yoga practice is the perfect way to release tension in the body and mind, setting you up for a great night sleep. This class is carefully sequenced and delivered to leave you feeling so relaxed.

### Yoga Express

This 30-minute class is great for beginners! All the benefits of a traditional yoga class, just in less time.

### Yoga & Yoga Fusion

This class uses continuous, systematic flowing poses and synchronized breathing to help release tightness in the body, while increasing core strength and overall balance. Treat your body, soul and spirit to this class and recover better overall health and wellness.

### Yin Yoga

Yin yoga is a slow, passive style of yoga, done mostly on the floor in seated or lying-down postures. We come into the pose to a point where we feel significant resistance, and stay there, calmly holding the pose and remaining still for the duration

## STRENGTH

### Ampd Strength

This class takes the power of the barbell choreographed to music WITH a fusion of high intensity intervals for a total body burn.

### Butts-N-Guts

This class focuses on strength and glute work. Let the music drive your movements during this total body workout.

### Curls N Crunches

This class focuses on strength and core work. Let the music drive your movements during this total body workout.

### Don't Stop, HIIT It

This combination of interval and strength training with short bursts of intense cardio will push you! Come prepared to have fun, but work hard in this challenging class!

### Floor Pilates Express

This 25 minute class will take place in the cycle studio, so tickets will be required. You can pick up your ticket at the front desk. This mat-based Pilates workout focuses on core strength, flexibility, balance, and overall body awareness.

### Kettlebell Ampd

This format takes heart pumping music and kettlebell moves and combines them into a 50-minute total body strengthening workout!

### Let the Deck Decide

This 30-minute class will keep you guessing, because the deck of cards chooses your workout.

### Move It

Get movin' with this energetic chair-based adapted work out. Fitness & fun come together as you alternate non-impact movement with strengthening exercises.

### Pilates Power Hour

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

### Total Strength

This non-choreographed class focuses on interval training modalities. Prepare for a full body workout that will help you lose weight, improve endurance, core strength & toning!

### Toning Remixed

This muscle-toning workout starts with simple strength and cardio moves that build into a compound-focused, body-conditioning workout. Progressions are always optional-- stay at the base level for a traditional burn or add the layers for a remixed burn like no other .

### Restorative Strength

This gentle strength & stretch classes begins with strength training (standing or chair based) and ends with chair-based stretching

### Ampd Burn

Move over, ballet – AMPD Burn takes the thoughtful movements of barre and ballet and combines them with the muscle building elements of strength training.