

# Group Exercise Schedule (*Winter, Effective 1/15/12*)

## Gravity Fitness (978) 441-9495 Group Exercise Director: Dina Gray

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5am *Spin Renee		5am *Spin Renee			
	6am Cardio Core Challenge  Rachel	6am Total Body Conditioning  Tina	6am Morning Mash-Up  Rachel			
					8am Metabolic Mix  Rachel	8am *Spin New! Pat/Kami
9am *Spin  Stephanie	9am Yoga Fitness  New! Jolynn	9am 90 minutes! Cardio Kickboxing Plus Andrea	9am 30min Cardio Drills  Tina	9am Cardio Kickboxing  Dina	9am Hatha Yoga  Marlo	9am Vinyasa Flow Yoga New! Stacylynn
			9:30am 30 min Muscle Blast Tina		10:15am *Spin  Leslie	10am New!Beginner Zumba Bea
4:30pm Total Body Conditioning Pat		4:30pm Cardio/Weight Interval Pat	10am 30 min Abdominal Shred Tina			
5:30pm Cardio Fusion New! Rachel	5:30pm New! Strength In Motion Rachel	5:30pm *Spin  Renee	5:30pm ZUMBA  Sarah	5:30pm *Spin  Kami		
6:30pm *Spin New! Stephanie	6:30-7:30pm Cardio Kickboxing Dina	6:30pm ZUMBA  Sarah	6:30pm Total Body Conditioning Pat			
7:30pm Gentle Yoga/ Guided Meditation New! Stacylynn		7:30 Beginner's Candlelight Yoga Stacylynn				

**Zumba ®** A cardio-based workout incorporating explosive Latin and exotic music rhythms with some components of resistance training to tone the entire body, in a "party-like" atmosphere!

**Total Body Conditioning** A class that focuses on muscle strength and endurance through the use of weights, bands, body bars, and steps. Some classes will incorporate a stability ball to challenge and define your abdominal core area and enhance balance and flexibility.

**Cardio Kickboxing** Punches and kicks to the beat of high energy music is sure to empower all that participate!

**SPIN** A cardiovascular workout performed on stationary spin bikes. Guaranteed to make you sweat and redefine your body!

**Morning Mash Up** Mixed methods of training will jumpstart your day and your body's fat burning ability.

**Cardio Core Challenge** Cardio combos w/intervals of high intensity drills, followed by core conditioning.

**Strength In Motion** Adds movement into your muscle conditioning, to enhance fat burning and functional training.

**Metabolic Mix** Training methods and tools to make your workout effective, efficient and most importantly stoke your metabolism.

**Thursday Morning 30-30-30** Designed for people who wish to participate in one or all segments of class. Each class focuses SOLELY on either Cardio, Muscle, or Abdominal work. Perfect for people "on the go"!

**Gentle Yoga/Meditation** Open and warm your body with gentle yoga, then expand your mind with meditation and calming adjustments from your instructor. A perfect way to relax and release your stress.

**Beginner's Candlelight Yoga** Dedicated to the beginner and led by candlelight and the sound of your instructors voice.

**Vinyasa Flow Yoga** (recommended for experienced practitioners) Poses will flow from one to another in conjunction with the breath. This style gives more of a workout, but offers modifications to enable students to work at their own pace.

**Yoga Fitness** Yoga poses & pilates are combined to enhance strength & flexibility, with a specific focus on your core. Meditation follows.

All classes are 55min.long, unless otherwise noted! Schedule, class format, and instructors may change on short notice.

\*Indicates members need to sign up *in person* at the front desk; sign-up sheet is posted 1 hour prior to class start.

Gym Hours: Monday-Thursday 4:30am-10pm, Friday 4:30am-9pm, Sat.7am-6pm, Sun.7am-5pm

Babysitting: Monday-Saturday 8am-12noon, Monday-Thursday 4:30pm-8:30pm