

# GROUP EXERCISE SCHEDULE

EFFECTIVE: February 3, 2024

Monday			Tuesday			Wednesday		
Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor
5:15 - 6:15	501 CrossFit - 501 Floor	Brad	5:15 - 6:15	501 CrossFit - 501 Floor	Megan	5:15 - 6:15	501 CrossFit - 501 Floor	Justice
5:30 - 6:15	Circuit Training	Ethan	5:30 - 6:15	Circuit Training	Ethan	5:30 - 6:15	Circuit Training	Ethan
7:30 - 8:15	Dynamic Mobility	Shaun	8:30 - 9:30	501 CrossFit - 501 Floor	Jessica	7:30 - 8:15	Dynamic Mobility	Shaun
8:15 - 9:00	Group Cycling - CSt	Amy	9:00 - 10:00	AquaFit	Evelyn	8:15 - 9:00	Group Cycling - CSt	Amy
8:30 - 9:15	Kickboxing	Kelley	9:30 - 10:30	Legends - 501 Floor	Jessica/Patti	8:30 - 9:15	Step	Kelley
8:30 - 9:30	501 CrossFit - 501 Floor	Jessica	10:30 - 11:15	Hip Hop Cardio	Erin	8:30 - 9:30	501 CrossFit - 501 Floor	Patti
9:00 - 10:00	AquaFit	Lisa	11:30 - 12:15	Silver Sneakers - (Stretch Chair Yoga)	Lupe	9:00 - 10:00	AquaFit	Lisa
9:30 - 10:30	Circuit Training - Gym	Charla				9:30 - 10:30	Circuit Training - Gym	Charla
10:30 - 11:30	Legends - 501 Floor	Jessica				10:15 - 11:15	Yoga (Vinyasa Flow)	Amy
11:30 - 12:15	Silver Sneakers - (Muscular Strength Range of Motion)	Sarah				10:30 - 11:30	Legends - 501 Floor	Patti
						11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Holly
			<b>Time (p.m.)</b>					
			12:00 - 1:00	501 CrossFit - 501 Floor	Jessica			
			4:30 - 5:30	501 CrossFit - 501 Floor	Sarah			
			5:30 - 6:15	Step	Kerry			
			5:30 - 6:30	501 CrossFit - 501 Floor	Brad			
			5:45 - 6:30	Group Cycling - CSt*	Laura			
			6:30 - 7:15	Hip Hop Cardio	Whitney			
						<b>Time (p.m.)</b>		
						12:00 - 1:00	501 CrossFit - 501 Floor	Jessica
						4:30 - 5:30	501 CrossFit - 501 Floor	Ben
						5:30 - 6:30	Cardio Sculpt	Kerry
						5:30 - 6:30	501 CrossFit - 501 Floor	Ben
<b>Time (p.m.)</b>								
12:00 - 1:00	501 CrossFit - 501 Floor	Jessica						
4:30 - 5:30	501 CrossFit - 501 Floor	Sarah						
5:30 - 6:15	Sculpt	Charla						
5:30 - 6:30	501 CrossFit - 501 Floor	Brad						

**Locations: 501 CrossFit - 501 Floor, Circuit Training - Gym, Group Cycling - CSt: Cycling Studio**

Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of five participants to remain on the schedule. Each class must have at least three participants to be conducted.

\*Registration required.



# GROUP EXERCISE SCHEDULE

EFFECTIVE: February 3, 2024

Thursday			Friday			Saturday		
Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor
5:15 - 6:15	501 CrossFit - 501 Floor	Megan	5:15 - 6:15	501 CrossFit - 501 Floor	Brad	8:15 - 8:45	Sculpt	Kerry
5:30 - 6:15	Circuit Training	Ethan	7:30 - 8:15	Dynamic Mobility	Shaun	9:00 - 10:00	Olympic Weightlifting	Ben
8:30 - 9:00	Burn30	Charla	8:30 - 9:30	501 CrossFit - 501 Floor	Charla	9:00 - 10:00	Step	Kerry
9:00 - 10:00	AquaFit	Evelyn	9:30 - 10:30	AquaFit	Lisa	10:00 - 11:00	501 CrossFit - 501 Floor	Brad
9:30 - 10:30	Legends - 501 Floor	Patti	9:30 - 10:30	Circuit Training - Gym	Charla	10:15 - 11:15	Yoga (Vinyasa Flow)	Lupe
11:30 - 12:15	Silver Sneakers -  (Stretch Chair Yoga)	Lupe	10:30-11:15	Hip Hop Cardio	Carissa			
			11:30 - 12:15	Silver Sneakers -  (Muscular Strength  Range of Motion)	Holly			
<b>Time (p.m.)</b>			<b>Time (p.m.)</b>					
12:00 - 1:00	501 CrossFit - 501 Floor	Jessica	12:00 - 1:00	501 CrossFit - 501 Floor	Jon			
5:30 - 6:30	501 CrossFit - 501 Floor	Sarah	4:30 - 5:30	501 CrossFit - 501 Floor	Sarah			
5:45 - 6:30	Group Cycling - CSt*	Laura						

**Locations: 501 CrossFit - 501 Floor, Circuit Training - Gym, Group Cycling - CSt: Cycling Studio**

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\*Registration required.



# GROUP EXERCISE CLASSES

## **501 CrossFit - 501 Floor**

501 Fit offers classes for people of all fitness levels, with an emphasis on functional movement. Our helpful coaches and friendly members will make for a great experience.

Workouts typically take an hour or less, and normally include a pre-workout with a strength or skill and a post workout with accessory work or stretching/mobility.

## **AquaFit**

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

## **Burn30**

These circuit-based routines are designed to optimize your workout time. The full body workouts stack simple yet effective movements at a rapid-fire pace to burn fat and build muscle. Come sweat and test your cardio and strength with us.

## **Circuit Training**

A variety of high intensity resistance training intervals mixed with light cardio intervals.

## **Dynamic Mobility**

This is your blueprint for better movement! This unique program is designed to give you the strength and flexibility that will set you free from joint and fascia pain allowing you to be more dynamic in any activity you choose from basic functionality to high performance athleticism.

## **Group Cycling - CSt**

A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates intensity of the ride so each participant can ride at their level.

## **Hip Hop Cardio**

It's hip, it's hot, it's the latest dance grooves set to the hottest music. This high-energy dance workout will burn the calories while you shake up your workout (and your "groove thing").

## **Kickboxing**

This class combines kicks, jabs and hooks with cardiovascular boxing moves and core work.

## **Legends**

Developed with seniors in mind, the goal of this class is to improve participants' ability to perform daily living activities including sitting, standing, getting up from the ground, placing objects overhead and picking up items. All Legends classes will be led by 501Fit coaches.

## **Olympic Weightlifting**

Olympic Weightlifting focuses on the core Olympic lifts of Snatch and Clean and Jerk. We work and develop the auxiliary lifts that will supplement and strengthen those core lifts such as the Jerk, Snatch Balance, Back Squat, Front Squat, and Deadlift. All classes are taught with excellent and correct movement in mind.

## **Sculpt**

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength. Express = 30 minutes.

## **Silver Sneakers - Muscular Strength Range of Motion**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

## **Silver Sneakers - Stretch Chair Yoga**

This class moves your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **Step**

A choreographed cardiovascular workout using a platform and risers. Sequences are introduced and developed as the class progresses.

## **Yoga - Vinyasa Flow**

Appropriate for students of all levels, this class is a mix of the Hatha and Vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa (pronounced "vin-yah-sah") is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.

## **Yoga - Power**

Intermediate to Advanced practice, but All Levels are welcome. Power Yoga moves more quickly between poses with a focus on building strength, and incorporates a more advanced flow with powerful holds, twists, balance and movement. Having some practiced yoga experience is recommended.